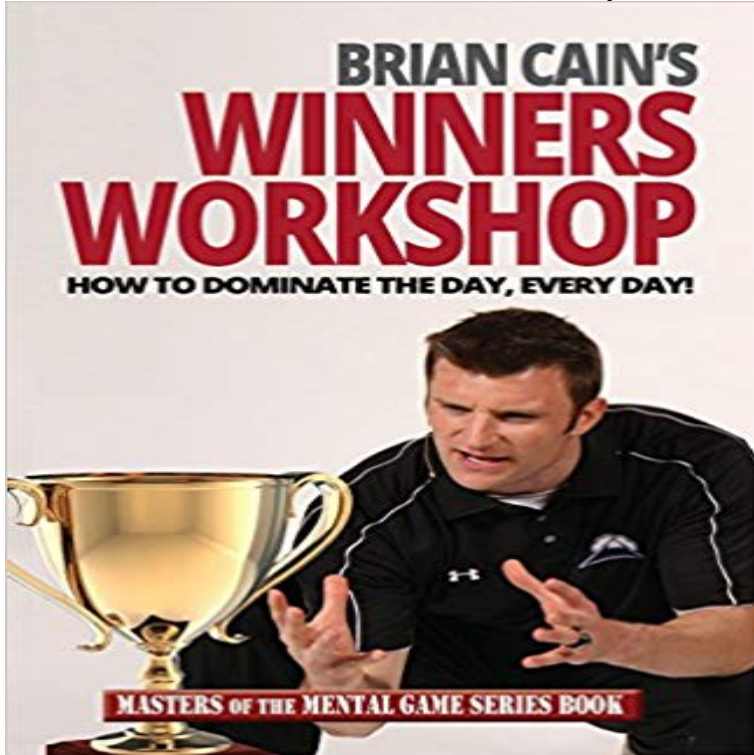


Brian Cains Winners Workshop: How to Dominate the Day, Every Day!



Brian Cain is the Peak Performance and Mental Conditioning Coach top college and high school athletic departments turn to for a competitive advantage on the field and to give their athletes the best chance for success in life. Cains Winners Workshop: How to Dominate the Day, Every Day! is a live two-hour seminar where you experience Cains passion, energy and intensity for teaching the fundamentals of sport psychology and mental toughness needed to win. BRIAN CAINS WINNERS WORKSHOP WILL TRAIN YOU TO: Destroy the fear, tension and anxiety that can ruin your performance Have the confidence of a world champion and GET BIG when you compete Stay positive when it hits the fan and everyone else wants to quit Play your best when it means the most and bring consistent energy to practice Live with integrity and do the right thing, whether its popular or not Memorize everything you need to know about mental toughness Create routines and systems for consistent success on and off the field Release your mental bricks and go through, not to, adversity Use the best strategies to speed up your learning curve Control your thoughts and actions in the competitive arena Be a winner and a learner, giving you the slight edge Invest your time vs. spend time and teach you how penguins fly And much, much more as you become a master of the mental game

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