

Tap into your potential and reach peak performance in golf and all areas of your life!

Simply tapping points on our body to alter your brain states might sound a little far-fetched, however, NHS researchers have found that it seems to work at a deep emotional level. Emotional Freedom Technique (EFT) involves tapping seven acupressure points to help patients suffering from post-traumatic stress to unfreeze their emotions.

EFT can also be used as a powerful tool for improving your sport! What makes Tiger Woods a world-class player? What goes through his mind when he plays a shot? Golf as we know is a mental game, and by utilising EFT and "tapping" away your self doubts and mind blocks can have dramatic results in achieving your full potential.

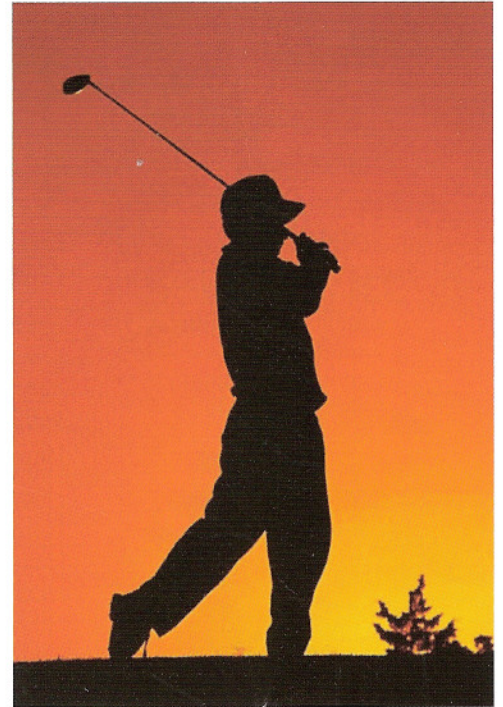
Ann Ross for the past 9 years has facilitated change in peak performance and fulfilment coaching for people who want excellence in their lives, work and relationships. Ann has been aptly described as an 'Architect for Change'.

"Golf is a 'mental' game," says Ann "If you have limiting beliefs about your game or your performance, it will create mental blocks and self-doubt, and you may not always play or function to your true potential.

Emotional Freedom Technique (EFT) is the most powerful healing tool I have ever encountered, whether you are

looking for peak sports performance, anxious about taking exams or nervous of public speaking, it can help in all areas of your business and personal life. Through talking and doing some detective work we locate the triggers and literally tap them away, it's like psychological acupuncture and when the blocks are removed, it can transform your life!"

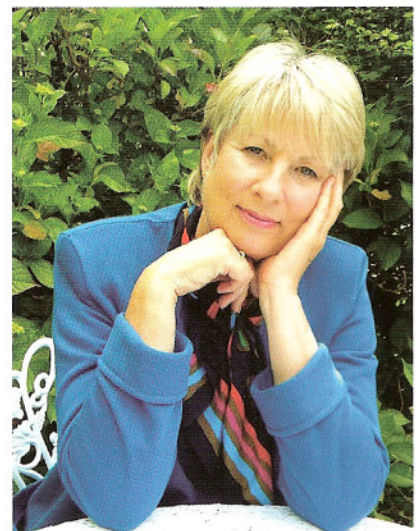
As an Emotional Freedom Technique (EFT) Master, [one of only 25 in the World], Ann trains trainers in EFT and anyone in the helping profession, including Doctors, Psychologists and Psychotherapists in advanced energy techniques. The courses are certified and accredited by the Association for the Advancement of Meridian Energy Therapy and integrate guidelines for trainers. Ann is inspirational and intuitive and passionate about helping people to reach their full potential. The founder of New Perspectives, Ann has a vision for bringing EFT and coaching together to create meaningful change for individuals, companies and organisations of all sizes. Ann is an international workshop leader and travels regularly to South Africa as well as facilitating courses in the UK for entrepreneurs who want to move elegantly past their limiting beliefs of what they are capable of.



Ann is now helping groups to achieve peak sports performance.

For a free no obligation chat please contact Ann Ross:

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