

Sports Mental Toughness Training

Sports Mental Toughness Training: Seminar and Speech Presentations Craig Sigl is an engaging and very energetic speaker. If you are ready to be informed, entertained, and maybe even pushed a little out of your comfort zone, then book Craig for your next seminar or conference. 425-457-7777 Craig has worked with athletes from professional golfers, to NFL players to competitive cheerleaders and more. One hour with Craig will have you and/or your team thinking differently and exploding your past limiting performances.

"I would highly recommend Craig Sigl as a motivational and mental toughness speaker."Christine Bergland, Columbia Basin College Coach, Pasco WA "Watching Craig train is one of the most electrifying experiences I have had"Andrew Nicholson, Corporate Trainer, Seattle WA Mental Toughness & Developing Your Mind For Your Sport

Learn how to develop your mind for optimal performance. Introductory seminar in cutting-edge mental training techniques used by top professional and Olympic athletes. Topics covered include: Focusing, emotional control, creating the zone state, mental toughness, consistency, anxiety, confidence, and the mind/body connection.

How To Get Consistency, Focus, and Confidence in Your Golf Game

Craig Sigl first presented this clinic at the Seattle Golf Show

<http://www.break80golf.com>

Golfers is 90% mental...and the other 10% is mental too. This presentation is perfect for your after-tournament dinner and awards ceremony.

How To Relieve Pain and Heal Faster Using Your Mind Power

World class athletes have been largely successful at keeping it a secret so far but the word is starting to get out. Hypnosis and NLP have been a secret because nobody wants to give away their competitive edge. It has been scientifically proven that hypnosis can heal fractures faster and reduce the pain sensation to get the athlete back in competitive form faster than ever thought possible using only standard means. Craig will tell you why and how this can be your reality.

Call 425-205-0024 to book Craig at your event or team meeting