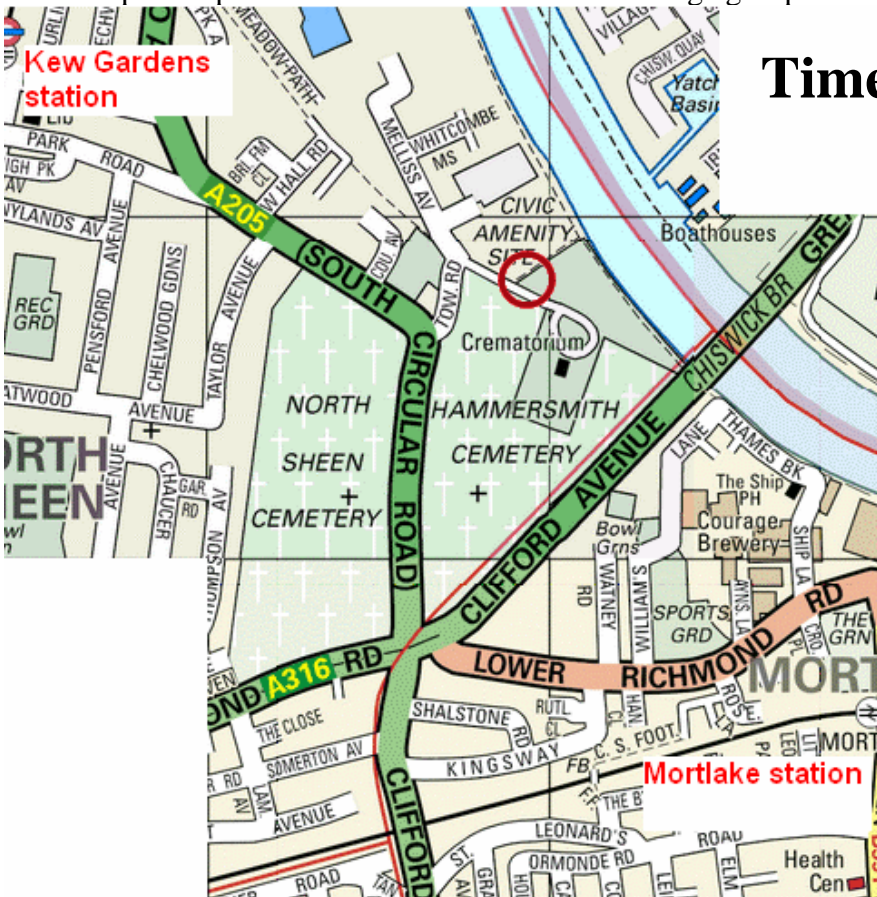




## TRRC Autumn Seminar Series 2005

# Wednesday 23rd November Neuro-Linguistic Programming: the perfect tool for do-it-yourself sports psychology Phil Jarratt

**About the speaker:** Phil Jarratt is a Neuro-Linguistic Programming Master Practitioner and qualified Hypno-psychotherapist (NCHP) specialising in sports psychology. He is a published book author who has had numerous articles published in newspapers, journals and magazines. At the age of 21 he became the youngest ever professional football manager and is a qualified FA Coach. Phil holds the ARA IA and is working towards the ARA Bronze Award. He has worked with rowers in the Thames Valley, including a coach and crew that in the process of winning the National Championships broke the course record for their age group at Holme Pierrepont by 6 seconds.



**Time:** 7:30pm – 9pm

**Cost:** £3 for ARA members (card required), £5 for others

**Venue:** Putney

Town RC Kew

Meadows Path, Kew

10-15 mins walk from

Kew Gardens or Mortlake

stations. Ample car

parking