



TRRC Autumn Seminar Series 2005

Wednesday 2nd 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: Meeting Room, Henley College Deanfield Ave,
Henley-on-Thames RG9 1UH

