

## Focus on

## GOLD

Get them from qualifying.... to the podium

Join us for a workshop promoting Peak Performance
Physiology Training – a significant element of Canada's
training program in the Vancouver 2010 Winter Games and
World Championships, and an internationally recognized tool
for achieving maximum performance at the top level.

Peak performance physiology training

Peak performance physiology training is the edge, your athletes need, delivering anxiety response control, mental acuity and fast recovery – all critical tools in top level athletic performance.

Hosted by **Marc Saab, Peak Performance Director at Thought Technology**, and featuring product demos, highlights from successful sports initiatives and feature presentations by the following international peak performance experts:





Pierre Beauchamp, PhD. A former McGill varsity hockey player, Pierre has over 35 years of coaching (football, hockey, track, golf) and consulting experience as a Mental Performance Coach to Canadian National and Olympic teams. Pierre has worked for the Canadian Olympic Association coordinating Athletes Services for National Team athletes in Lillehammer 1994, Atlanta 1996, Nagano 1998, Salt Lake 2002, Vancouver 2010 and presently in preparation for the 2012 London Olympic Games. His athletes have won 9 Olympic medals including 4 gold.

Workshop

July 25th 2012

**Register Now** 

SPOTS ARE FILLING UP

FAST!

**Presentation**: An Integrative Biofeedback & Psychological Skills Training Program for Canada's Olympic Athletes.



**Penny Werthner, PhD.** Penny Werthner is a former Olympic athlete in Athletics, and is currently the Director and Associate Dean, School of Human Kinetics, University of Ottawa. She works with many Canadian Olympic athletes and coaches, and has been part of helping Canadian athletes win more than 15 Olympic medals in the last few winter and summer Olympic Games.



**Presentation:** Effectiveness of Psychophysiology Training with Olympic Athletes.





**Tim Harkness, PhD.** Sports Psychologist working in London for Chelsea Football Club. Married with 3 sons, ex-squash player, current mountain biker. Tim has worked with Olympic archers, sprinters, swimmers, and shooters for Sydney 2000, Athens 2004, Beijing 2008 and London 2012. Worked with Abhinav Bindra, who won India's 1st individual Olympic gold medal in the 10m air rifle in Beijing 2008, and with Lee-Roy Newton and Matthew Quinn, who were part of the team that won the 4x100m gold at the 2002 World Athletics Championships.

**Presentation:** Top athletes require special techniques for mental and physical edge.





Michael Linden, PhD. Dr Linden has been the director of Attention Learning Centers and Attention Performance Centers in Southern California since 1988. He has specialized in electroencephalographic assessment and treatment of ADD and Autistic Spectrum Disorder since 1982. His research has been featured in the LA Times, and on television specials, including Dateline NBC, ABC, NBC News, and most recently on the CBS program "The Doctors." Dr. Linden was instrumental in the development of the fundamental metric associated with attention and focus with Drs. Joel Lubar and Vince Monastra in the late 1990s.

**Presentation:** BF and NF applications in Sport Psychology.

All day event, Wednesday July 25, 2012. Doors open at 9 am. Location: High Commission of Canada | 41 Grosvenor Street | London W1K 4AB | United Kingdom REGISTRATION IS REQUIRED FOR ATTENDANCE. Register now at <a href="https://www.thoughttechnology.com/london">www.thoughttechnology.com/london</a> or e-mail your request to <a href="https://www.thoughttechnology.com/london">workshops@thoughttechnology.com/london</a> or call us at 1-514-489-8251 or 1-800-361-3651 (North America Only). See you in London!