

360° Approach – Mental Coaching & Training



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- What I would have liked to tell you, if I had been here today:
 - Why not give it a try; never hurts to think about how the mental side plays a role in your level of performance and overall well-being
 - It is 100% confidential- ON does not get any information on what we talk about or what it is that you guys might be dealing with and share with me; this is guaranteed and you have my word on it
 - I would have like to share one of my most favourite quotes: “If it scares you it is probably worth giving it a try.” ~ Seth Godin