

MiND HQ

Competition HQ

Competition HQ will equip you with the psychological skills to thrive in competition.

The Optimal Psychological State to Perform

Understand the psychological state required to compete at your best, and the process that will assist you to achieve it.

Stay Calm & In Control

Develop the ability to manage performance anxiety, and stay calm and composed when competing.

Think Like A Winner

Discover new ways of thinking to assist you to be confident in competition and achieve performance success.

Perform Under Pressure

Learn how to deal with the pressures of the competition environment to get the best out of yourself.

Compete With A Plan

Create your own plan to consistently achieve your optimal psychological state in competition.

Contact MiND HQ to book in for the Competition HQ program at info@mindhq.com.au
Individual and group programs are available.

www.mindhq.com.au



MiND HQ is a sport psychology company working with individuals and teams to enhance psychological wellbeing and achieve optimal performance on and off the sporting field.

Performance MiND
Sport Psychology Services

Healthy MiND
Mental Health & Counselling Services

Corporate MiND
Psychology Services for the Workplace

For more information on MiND HQ and the services we provide visit www.mindhq.com.au

Empower the Champion Within