

WORKSHOP

sponsored by Berlin Brandenburg Archery e.V.

**TRUST.
CONFIDENCE.**



Personal & Business Coaching Ineke Bader

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SATURDAY:

TRUST. CONFIDENCE - OVERCOMING FEAR AND BUILDING SELF- ASSURANCE IN COMPETITIONS

Workshop Content:

Discover your self-confidence and overcome fears to shoot with ease and joy. In this session, you'll learn:

- How to find inner calm using simple anchoring techniques.
- How to transform negative thoughts into positive strength.
- Mindfulness exercises to enjoy the moment and release stress.

What to Expect:

A motivating session packed with practical tips and exercises to help you strengthen your mental resilience.

Participant Limit:

Maximum of 25 participants.

Registration:

Reserve your spot now: Antonia.knaak@archery.berlin

Seats are limited – first come, first served!



"Trust is letting go while still holding on."
Ineke Bader

Contact:

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