

'Performing Under Pressure'



Workshop Run by Trainee Sport & Exercise Psychologist

Erin Prior MBPsS



Erin Prior is a trainee Sport & Exercise Psychologist who has a BSc in Psychology and an MSc in Sport & Exercise Psychology from Loughborough University. Erin has also been a competitive archer for 11 years. 6 years recurve and 5 years compound and has competed at county level with both bow styles and competes nationally and internationally in compound. As a result, Erin has sound knowledge of both the technical and psychological demands of archery.

Looking to improve your performance under pressure?

This workshop covers:

- What happens when shooting under pressure
- Increasing your self-awareness regarding your performance
- How to manage your thoughts and emotions
- Practical tips & techniques to enhance your performance under pressure

Suitable for archers and coaches of all abilities and bow styles

Date 1: Saturday 24th March 2018 Time: 10.30am start – (approx.) 1pm
Arrowhawks archers / parents and coaches priority; Haxby, York

Date 2: Sunday 25th March 2018 Time: 10.30am start – (approx.) 1pm Open
to all archers and coaches Haxby, York

Cost: £30 including lunch and Coaching / Shooting (at short distance) in the
afternoon to 5.00 pm To book a place, please contact **Kath Fitzpatrick**

email kath.fitzpatrick@icloud.com tel 01226 218518