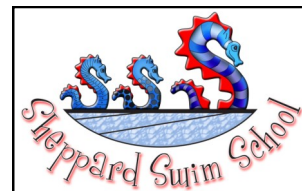


Sheppard Swim School presents:
Two motivational talks on 30 October by:



NICK GILLINGHAM MBE

MORNING MOTIVATION 8am:

'The Role Model Affect'

This talk is geared for coaches and parents to start your day inspired by one of the world's most successful 200metres breaststroke swimmers.

The role model affect is an insightful motivational talk investigating the people that made a real impression and impact on you as a person, on you as an 'individual'.

These notable and giving mentors will have influenced our conscious and subconscious minds leading to a life of direction, success and fulfilment, perhaps without us realising! Be that inspirational person that makes an impact on the young people around you. This talk will inspire your day and the people around you by a multiple Olympic medallist!

ADULTS (18+): £12.50 AT DOOR or £10.00 IN ADVANCE

0800 SATURDAY 30 OCT, TOLLCROSS LEISURE CTR, DANCE HALL CONFERENCE ROOM



MID-DAY MOTIVATION noon:

'Handling Pressure'

Coaches, parents and especially swimmers, jump start your preparation for finals by learning more about how this former world record holder was able to stand on so many podiums reaching the highest level of success in global sport. Be inspired as he shares with you how to take 'pressure' and use it to your own advantage.



The talk on **Handling Pressure** will inspire you to take the challenges you face and use them to your gain, not only in sport but in everyday life. Using interesting stories from his own experiences Nick will make the common problem of 'cold feet' and 'butterflies' a thing of the past.

ADULTS (18+): £12.50 OR £10.00 IN ADVANCE

CHILDREN: £10.00 OR £5.00 IN ADVANCE

**12 noon SATURDAY 30TH OCTOBER TOLLCROSS LEISURE
DANCE HALL CONFERENCE ROOM**

~COMBO DEAL~

BOTH TALKS:

ADULTS: £20.00 at the door or £15.00 in advance

~TO ADVANCE BOOK~

EMAIL: info@sheppardswimschool.co.uk