



Sports Performance Enhancement Workshop

Are you looking for effective ways to enhance your sports performance?

In this workshop, you will learn some simple but targeted training methods to physically achieve the optimum potential of your body in sports performance. You will discover the power of hypnosis, which is routinely used by world-class athletes to train the subconscious mind to increase confidence and perfect performance, and how a physiotherapist can help to refine an athlete's technique using up-to-date assessment tools.

Wendy Shum (B. Physio. KCL, M. Manual Therapy. UWA) is a UK and HK qualified Sports Physiotherapist with extensive clinical and on-field experience, and has been helping athletes to reach their optimum potential based on dynamic assessment, movement analysis and Pilates training.

Fiona McKeand (Dip HSM Dip AH GQHP) is a fully qualified hypnotherapist and helps people harness the power of their minds to make positive, lasting changes, enabling them to achieve optimum health and fulfilment.

Date: Wednesday 3 June

Time: Registration from 6:30pm, Presentation – 7:00pm, Close – 8:00pm

Venue: St. James's Place Boardroom, 1/F Henley Building, 5 Queen's Road Central, Hong Kong

[REGISTER HERE](#)

Speaker



Wendy Shum
B. Physio. KCL, M.
Manual Therapy. UWA

Speaker

Hong Kong Hypnotherapy

Fiona McKeand
Dip HSM Dip AH GQHP
Qualified Hypnotherapist
Hong Kong Hypnotherapy

Venue Sponsor



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