



Momentum Series

One-on-One professional training support for sport/business leaders, coaches and athletes

Ignition

Momentum

Velocity

The *Momentum Series* gives you the opportunity to take leadership of your team, your complex life and the many people and tasks that depend on you. The series builds on the *Ignition Series* and gives you powerful, cutting-edge leadership and organizational tools that are found only in this program.

You will learn very specific tools that:

- Access personal, persuasive leadership skills
- Apply powerful Zone-driven outcomes
- Utilize specific subconscious approaches for multitasking and organization
- Influence change
- Build strategic long-term approaches to winning
- Dramatically speed up skill acquisition

Your training is via Skype with SportExcel CEO and high performance trainer, Bob Palmer.

"Bob gives athletes an unfair advantage."
 — Ron Hansell, CEO, Business Owner and Athlete

The *Momentum Series* one-on-one training gives you:

- A one-hour, introductory, no-risk session where you dive right in and learn to set powerful outcomes
- Six 45-minute elite coaching sessions where you learn the tools to lead, multitask, organize and focus
- Weekly review of the material at the start of each session
- Follow-up written, audio and video material
- Direct contact with trainer Bob Palmer during, and for a short period of time after, your training period
- A system you'll use for life, in sport, school and work

BOOK YOUR TRAINING TODAY:

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 Space is limited 