



WINNING MINDSET

Develop highly effective habits that drive you to succeed!

In this fun and interactive talk, licensed mental health professional and high-performance mind coach David Fairweather will teach you how to:

- **Generate** motivation that persists
- **Develop** a high-performance mindset
- **Target** goals that drive themselves
- **Set** highly effective habits in motion
- **Succeed** far beyond your beliefs

You'll come away with simple and effective techniques you can apply at once to get tangible results before you know it!



"I would encourage anyone under pressure or in an emotionally or physically demanding job, to seek the assistance of David"

Dr J. Chong M.D, Director of the Centre for Human Performance and Health Promotion

"If you want an insight into what's possible with the right performance mindset, and some laugh-out-loud moments, book him today!"

Matt Sherwood, Speakers Bureau Agent

"I would highly recommend David!"

Mauro Garofalo, Financial Planning Expert

- TD Canada Trust



ABOUT YOUR SPEAKER

David Fairweather

Originally an Aerospace design engineer and experienced corporate trainer from England, David Fairweather is a registered psychotherapist, meditation and self-hypnosis instructor, NLP practitioner and master hypnotist.

A former York University lecturer, Faculty of Health employee, workshop facilitator and researcher for the School of Nursing, David has produced and directed over 50 educational training films and co-authored several academic publications related to enculturation through technology, mind focused methods to manage stress & anxiety, and learning & performing at a high level under pressure.

In the last 25 years, David has consulted, lectured and presented workshops for companies including:

Contact David today to discover how this presentation can be tailored to meet the needs of your team.

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