

SET YOURSELF FREE!

- Ø The brain controls behaviour
- Ø You can influence a positive change
- Ø This can lead to enhanced performance

The thoughts you have may change the way you feel and, in turn, the way you behave.



Barriers – **P**ride

Anger

Fear

Grief

Apathy



Coping strategies:-

Courage

Aceptance

Participation

Responsibility

Satisfaction

The key to setting yourself free is within *YOU* – use it and see how far you can go!