**The Gold Medal Mind Training Group**

The format of the training group will include the following:

*The author sharing his professional and personal experience as it relates to the training topics. For example, discussion of the specific chapters in the book and workbook.*

*The author describing how the gold medal mind approach results in consistent high-level performance and positive impact on personal development. Specifically high-level performance in the game of life as it relates to one*’*s professional, personal and social life. Emphasis is placed on improving one*’*s relationship with oneself.*

*The training groups will involve group members sharing their responses to questions in the workbook and from personal journaling.*

*Group sessions will involve an experiential component to allow for the practice of the various exercises including concentration training, visualization training, the use of goal setting, transcending limiting beliefs.*

*Discussion of how to best use the book, workbook, short story and audio recordings to maximize the impact of* “*training time.”*

**Date for the training group is expected to start mid-January 2022. The groups will meet for 3-hours once per month for 6 months. The day/time and cost TBA. Please contact Douglas Jowdy, PhD by writing to info@drdougjowdy.com to be placed on a mailing list if you are interested in receiving information on the group.**