



DEVELOP A WINNING MINDSET

BELIEVE IN YOU AND GET THE MENTAL EDGE

Do you really believe in you?

Do you struggle to perform under pressure?

Are you your own toughest opponent?

**YOUR GREATEST STRENGTH
COMES FROM WITHIN**

Learn how to:

- ★ Plan for success
- ★ Think like a winner - Believe in you
- ★ Master your focus when it really counts
- ★ Develop your own success routines
- ★ Remain calm under pressure
- ★ See it to achieve it
- ★ Prepare to win

*Ann taught me
to never doubt myself
at all.*

Pat Rafter, former World
Number 1 and two time
US Open Champion



**I love helping people
be all they can be.**



**Coaching has taken me to over 50
countries working with players and
coaches, helping them to be their best.
I would love to help you to Be
Extraordinary too.**

How The Program Works

- ★ Psychological Performance Profile
- ★ 8 x 90 minute sessions
- ★ Post session action plan
- ★ Weekly check-in and support calls
- ★ Skill building assignments to get the mental edge
- ★ Unlimited email support to strengthen your mindset
- ★ Learn the secrets of the pros to become even more professional



ABOUT ANN QUINN

From Grand Slams to Gold Medals and World Champions, Dr Ann Quinn has a long track record of creating winners. Her clients include Pat Cash (whom she trained to his Wimbledon crown), Former World Number One, Pat Rafter, Australian Cricket Team members, an Aussie Rules National Team, World Boxing and Kickboxing Champions and multiple Paralympic Gold Medallists. In addition to 30 years of wisdom and expertise gained from coaching all over the world, she has a diverse background in Sports Science with degrees in Psychology, Biomechanics, Human Movement, Nutrition and Education.

Tennis has always been her passion and she travelled on the ATP and WTA Tours for over 15 years helping her players win over 60 Grand Slam titles. Other roles held include being the Health and Fitness Director at the IMG Academy in Florida, National Director of Coach Education for Tennis Australia, and Head of Sports Science for British Tennis and as well as a lecturer in Performance Psychology at Melbourne University.

Ann is one of the prestigious group of individuals to be honoured with the ITF's Award for Services to the Game in Coaching as well as the Australian Sports Medal, the Professional Tennis Registry, Plagenhoef Sports Science Award, and the NSCA Coach of the Year for Australasia. She has served on the ITF Coaches Commission and the Sports Science and Medicine Commission for more than 10 years and has been a member of the Player Development Advisory Panel of the WTA Tour since 2000. She truly knows what it takes to bring out the best in you.



I never believed I would become the best player in the world. From Ann, I have learned the power of belief, and realised it in reality with various methods that are both simple and effective. Her constant support, and her knowledge in the mental training, physical training, nutrition and on court drills all helped me win Grand Slam titles and my dream of an Olympic Gold medal. Moreover, she helped me become the person I always wanted to be. - Shingo Kuneida, Winner of 50 Grand Slams, 4 Gold Medals, and 9 times ITF World Champion.

Contact
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From Winning Mindset to Mastery, Ann's Programs are Progressive



1. **The Winning Mindset:** Believe in you and get the mental edge.
2. **Extraordinary Mind:** Access the unconscious genius within and maximise your success.
3. **Knowing Within:** Learn to master the power of your mind and go for anything you want.
4. **Mastery:** Be the master of your destiny.