

THINKING PITSTOPS™

www.thinking-pitstops.com

When being able to think clearly under pressure matters, a Thinking Pitstop is one of the most effective ways of achieving clear thinking in only 10 minutes. Try it for yourself to feel the difference.



WHY?	WHAT?	HOW?
<p>Under pressure, the fight-or-flight response allows us to cope with stress. Great for short bursts of physical energy, adrenaline is not very useful to help our minds think clearly. Over time, it can lead to anxiety and burnout. Thinking Pitstops can counteract this.</p> <p>By providing peer-to-peer support, they work to promote peak performance at any time.</p>	<p>A deceptively simple intervention to release stress and pressure quickly and safely, based on the science of performance used in professional sport. One Thinking Pitstop only takes ten minutes (15 the first time) and can be done remotely, or in person.</p> <p>Useful as a one off, or a regular chance to focus and recharge.</p>	<p>Thinking Pitstops act like a safety release valve. They let out bodily tensions, fears and frustrations and set our minds free to do what minds do best... clear thinking about what matters most to us at any given moment. No two sessions are the same</p> <p>Try it for yourself by booking your first session today. You may find that your thinking is transformed ...</p>