



# The Mind Maximiser Course

## Training to help you maximise your mental fitness

This course is suited to the individual looking to maximise their mental performance.

You may be a high-performance individual, perhaps running a businesses, or working as a successful company executive.

Think of your brain and mental performance like a computer; you have both the hardware (your brain) and software (skills of memory etc). What makes the *Mind Maximiser Course* unique is we firstly teach you how to use your brain with our unique and powerful *Brainwave Conditioning System™* before next teaching you the mental skills you desire.

**Memory skills** **Stress management**  
**Creative thinking** **Speed reading**  
**Accelerated learning** **Mental health**

**This is a total mental enhancement training programme.**

*"...I'd say if you're in need of an organisational and mental boost, Henry Hopking and the Life Systems posse are exactly what is required."*

A very grateful and de-stressed **Lenny Henry - Comedian and TV personality.**

*"...Henry is an inspirational coach who not only transfers useful information but also inspires improved performance. If you are on top of your brief but feel that you could refine efficiency and impact, Henry Hopking of Life Systems International is your man."*

**Paul Reynolds, Director, JP Morgan Cazenove**

**Your trainer, Henry Hopking, has won silver medal at the World Championships for Creative Thinking, bronze medal at the Speed Reading World Championships and in sport his clients have won Olympic Gold and numerous World Championships.**

**You'll be learning from the best.**

**To enquire about locations and to make a booking please contact...**



**www.Life-Systems.org**

**0207 8708148**