

TESTIMONIAL



Bront Bird
San Diego Chargers
Middle Linebacker #97

I didn't want to mess up ... when NFL teams flew me in for try-outs. I knew my body was capable of doing all they were asking of me - but also that **my nerves could play a big part.**

I was able to relax and allow my body to perform at its best! Instead of being all nervous and tripping all over myself before every drill with thoughts of, "*Am I going to mess up?*"

Using *Deborah's techniques* during the drills, I was able to **Shave-off 100ths of Seconds, which is Huge!**

2011 PRO DAY RESULTS

Invited to workout with New York Jets
Signed with the San Diego Chargers

- ❖ It was pretty nerve-wracking **watching my own films with the San Diego Chargers** knowing everyone is critiquing it. **I was able to relax** and tell them exactly what we were doing on each play and what my responsibility was.
- ❖ **To be able to get someone's mind focused and relaxed is huge.** The NFL is a very cut-throat business. It's really stressful. *At every single level you could get cut.* People forget **90% of life has to do with your mind ... whether your thoughts are positive or negative.**
- ❖ I was nervous coming onto the first phone call with Deborah. **I didn't know what to expect** or what was going to take place. I really *enjoyed it and it definitely worked to my benefit.*
I would definitely do it again and recommend Deborah to my closest friends.