



## The WIN Method: The Psychology of Peak Performance

*Equip yourself with the mental skills and strategies necessary for optimizing your performance at work and in your daily life.*

**Presented by Sharon Drake Petro, Ph.D of Head Coaching**

**Thursday, January 14, 2016 | 11:30 a.m. to 1:30 p.m.**

**Salem Civic Center, Parlor A | 1001 Roanoke Blvd., Salem VA 24153**

**+ 2016 Kick-Off SPECIAL Meeting Fee: \$15.00 per person +**

Fee includes presentation and lunch | Great News! We now can accept payment by credit card!



**Dr. Sharon Drake Petro is on a mission to help athletes and business professionals develop a champion mindset so they can consistently achieve their very best.**

As Founder and Director of Head Coaching she has guided a diverse group of athletes, coaches, teachers and business professionals toward optimal performance.

**The WIN Method** is a set of principles created to help you enhance your focus on relevant, controllable elements for optimized performance. You become mentally tough when you are able to shift attention from distractions to performance-relevant cues.

**About the speaker:** In her 17-year career as a high school and collegiate coach, Dr. Petro achieved success at both the state and national level. She has coached women's basketball and women's tennis at the University of Notre Dame and was awarded the NCAA Division II Wilson Intercollegiate Tennis Coach of the Year in 1985. Dr. Petro chaired the Department of Physical Education and served as an Assistant Athletic Director at Notre Dame before pursuing her doctorate in Applied Sports Psychology from the University of Virginia. Additionally, she holds an M.S. and B.S. degrees in Health and Physical Education as well as an M.S. degree in Administration. Dr. Petro is the creator of The WIN Method: Your Guide to Optimal Performance and is the author of The Tennis Drill Book. She currently resides in the Charlottesville, VA area.

**RSVP to Patti Dickerson by e-mail at: [pdickerson@virginiatitlecenter.com](mailto:pdickerson@virginiatitlecenter.com)**

**Or fax your RSVP to Patti Dickerson at 540.772.0639**

☐ **Yes, I Look Forward to Attending this Meeting**

☐ **Member**  
☐ **Non-Member**

**Company Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Attendee:** \_\_\_\_\_ **Attendee:** \_\_\_\_\_

**Attendee:** \_\_\_\_\_ **Attendee:** \_\_\_\_\_

**\*\* Please notify us in advance of any dietary restrictions. \*\***

**Speaker Generously  
Underwritten by**

