



## ADVERTISEMENT

# 2012 NTIS Sport Psychology Sessions

Topic: Concentration

Concentration is the ability to focus on the task at hand while ignoring distractions and is a crucial prerequisite of successful performance (Moran, 2009). Practical tips and suggestions will be given throughout this session, whereby individuals will have a greater understanding of different dimensions of concentration.

Presenter: Dr Liz Grylls, NTIS Sport Psychology  
When: Monday 3 September 2012  
Time: 6:00pm – 7:30pm including question and answer session  
Venue: NTIS Conference Room, Arafura Stadium, Abala Road MARRARA  
Cost: Free. Light refreshments provided.  
RSVP: Please email [Liz.Grylls@nt.gov.au](mailto:Liz.Grylls@nt.gov.au) or phone 8922 6851

Authorised by Jim Grant on behalf of the Northern Territory Government, Department of Natural Resources, Environment, the Arts and Sport, Chung Wah Terrace, Palmerston.

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