

2019 Manitoba Physical and Health Education Teacher Education Student Leadership Conference



M>O>V>E>M>E>N>T
FOR MENTAL HEALTH

UNIVERSITY
OF MANITOBA
2019

Movement for Mental Health

Friday, January 25, 2019

8:00	Registration opens
8:45	Welcome message
9-10:15	Keynote Speaker: Robert Broten
10:15-10:30	Snack
10:30-11:30	Breakout sessions (Boxing/Yoga)
11:45-12:15	MPESA Panel/Graduate Studies Presentation
12:20-1:15	Lunch
1:30-2:15	Meditation/Active Minds
2:30-3:30	Dance
3:30-3:45	Closing Remarks + Door Prizes

Keynote Speaker

Robert Broten



Robert Broten is a mental performance coach working with amateur and professional athletes to elevate their mental game to another level. He is the founder of Align Your Mind Brain Coaching, a leader in sports mental health management working with athletes in various sports all over Canada, USA and Europe.

Robert is a Master Practitioner of Neuro-Linguistic Programming, Mental Emotional Release, and Hypnotherapy. Certified by the Association of Integrative Psychology in 2014.

His ability to quickly remove the mental blocks and limiting decisions and give athletes the tools needed to consistently perform at their best and reaching their full potential has earned his clients success at every level of sport. With years of experience in a high performance environment, Robert teaches athletes to be consistent in the way they manage their mindsets and bring their best performance consistently.

He coaches players how to manage the emotions and challenges that we all encounter on our individual journey and how to push our own abilities to reach new heights.

WHERE:

Active Living Centre,
University of Manitoba
430 University Crescent
(parking available in
ALC lot or U lot)

COST:

\$20 (early bird price)
\$25 (week of conference)
Registration fee
includes lunch

REGISTRATION:

Download a registration form:
[news.umanitoba.ca/
mphete2019](http://news.umanitoba.ca/mphete2019)

Payment can also be
submitted online

OTHER INFO

It's going to be an active
day: Dress to be active!

