

**The GSC is proud to welcome
Rebekah Dixon, MSc, CPC
International Mind-Body Performance
Specialist and NCCP Level 2 Certified
Coach.**

The Three Most Important Things...Rebekah

**Understands Figure Skating from a
Competitive Athlete and Coach
Perspective**

Rebekah grew up in Nova Scotia “eating, drinking and breathing” figure skating. She competed at the Junior Ladies level and recalls herself as a “mental skater”, always physically prepared for competition but many times allowing her nerves to negatively affect her performance. She continued her love for the sport by achieving NCCP Level 2 Certification and has over 15 years of experience in singles coaching and choreography. She knows firsthand the kind of dedication and commitment required to excel in this sport and how training the mind can take performance to the next level.

**International Mind-Body Performance
Coach**

Rebekah has created the Mind-Body Performance Coaching Program, training the mind of figure skaters to help them perform their best when it counts. Rebekah knows that the techniques she teaches would have benefited her own skating career immensely and this is why she is so passionate about sharing this information with young athletes. She works with Olympic to beginner level skaters from all over the world including Canada, Europe, USA, Mexico and Australia.

**Specialist in the Field of Human
Development**

Rebekah completed her Masters in Developmental Psychology at the University of London, in England in 2005. Rebekah is a Certified Life Coach, Certified Practitioner of Neuro-Linguistic Programming, Time Line Therapy™, and Hypnotherapy. She has taught at the university and college levels in Psychology and Human Development and has worked in positions as a mentor, facilitator, and educator, supporting and empowering individuals and families.

**Sunday, December 10, 2017
12:45 – 3:10pm**

For more information, contact Darlene Joseph.



“Amazing workshop! The skaters were able to take away many beneficial tools to help them practice, train and perform better on the ice.”

*Marie Palladini Hamelin,
Coach, Kanata*
