

FLORIDA

TENNIS

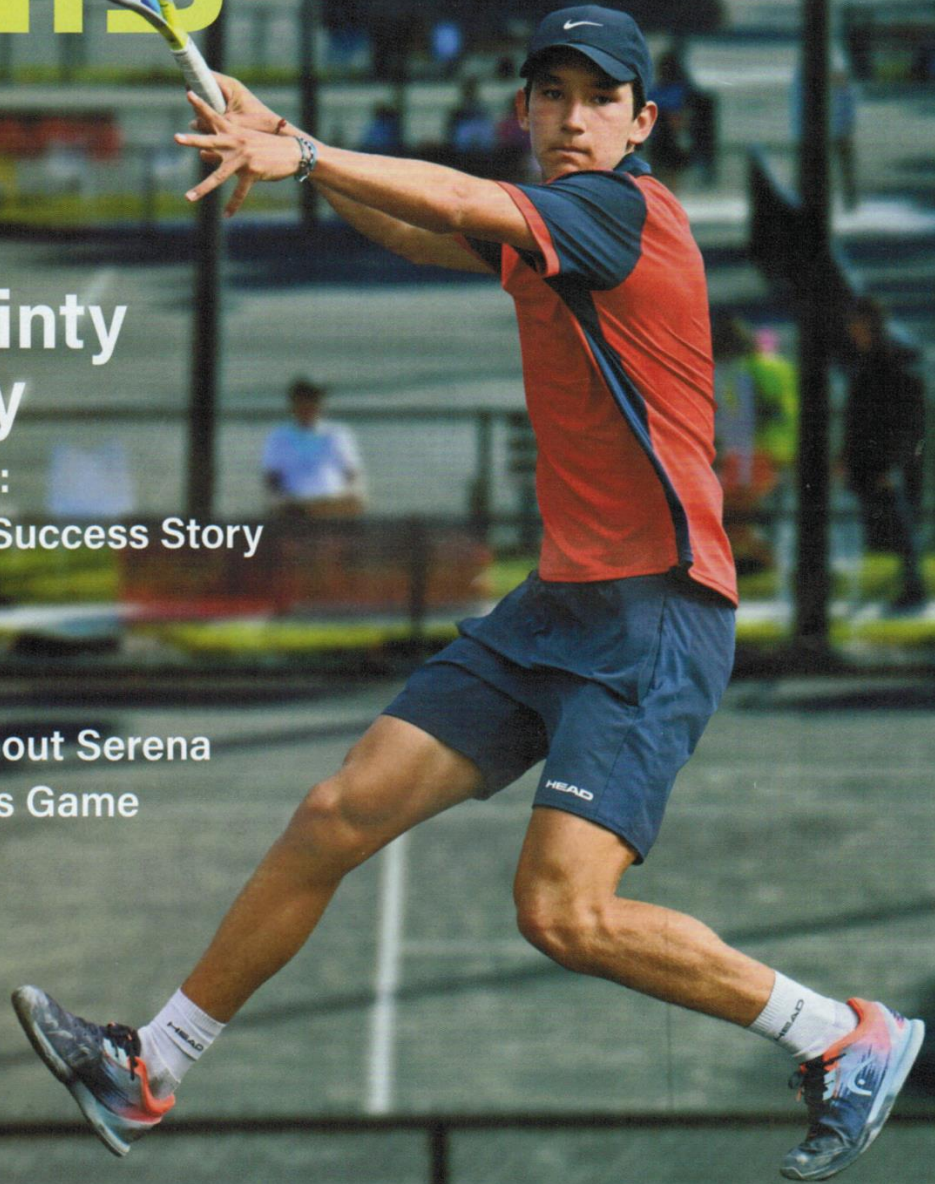
Pickleball / Racquet Sports

September - October 2022

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PAULA BLATCHER ASSISTS MENTAL GAME OF TENNIS AND LIFE

By Adam Ross:

We all know that you can become a better tennis player by putting in the hours on the court. But can you improve your game by investing your time wisely off the court? The answer is emphatically: yes.

Paula Blatcher, avid tennis player, holistic life coach and practitioner of Rapid Transformational Therapy, has developed a program to assist in the mental game of tennis, and life for that matter, to make tennis and life a more fun and joyful experience.

My journey with Paula began when I met her on the court and she told me about her program. I enjoyed speaking with her off the court and telling her my goals. Then I completed a comprehensive questionnaire.

Next, I recorded my voice for Paula to analyze. She created a strategy for me which included a meditation/hypnosis recording, which I listen to as I drift off to sleep. This program has improved my life on and off the court.

We all know that tennis is great for our physical and mental health. This program helps me to get the best of both worlds and to enjoy tennis and life even more!

Paula emphasized that there are certain things that hold everyone back, such as fear of failure, and that one can learn more from failure than success. She noted that there is no great success without failure.

It is the journey and the process that is the key to our own success, whether that be in tennis or in life. For each person, the definition of success is different. My personal journey may be different than yours, but I would say that we could all learn from Paula's program. I take tennis lessons from my tennis coach and now I take life lessons from Paula. I wholeheartedly recommend both!

The Renew with Paula Program incorporates Rapid Transformational

Therapy (RTT) and was founded by Marisa Peer in the UK. All sessions take place via Zoom.

RTT is designed to extract the root cause of every client's issues as



Paula Blatcher has been in the wellness and holistic health field for more than 15 years.

soon as possible. It has been simplified to make it faster, more efficient, and more solution-oriented for everyone and is not your traditional approach.

No one is born with negative beliefs and habits. They acquired them somewhere along the way.

RTT rapidly removes limiting beliefs and habits by exploring with the client how, where and when they acquired them and reframes the beliefs that hurt them and held them back.

By removing any pain, emotional blocks, or negative beliefs, RTT helps the client understand where this comes from, which means it won't come back again. Clients see that RTT is a worthy investment because they receive that freedom from the painful problems of their past.

RTT may be perceived as a shortcut to therapy; however, we simply shorten the length of time it takes before the client gets relief and the life they desire. The methodology of RTT is sophisticated, while the transformation is dynamic and powerful.

Anyone having issues with self-confidence, low self-esteem, not feeling they are enough, looping thoughts, not believing that something is available to them, wondering why they are not successful winning a match they know they should have won, can be addressed by removing any negative beliefs formed.

Paula Blatcher is a mother of 3 grown sons and 3 grandsons. She is originally from the Caribbean and

has lived in Dominica, Barbados, England and now the United States. She notes that her life has had many experiences which have been good, not so good, challenging, some happy, some painful in all different aspects which has empowered and guided her to be where she is today.

She has been in the wellness and holistic health field for over 15 years and has acquired several certifications and licenses in these various modalities. But her actual journey started way before that due to unexplained ailments that no one seemed to understand or begin to know how to help her.

Since then, she has combined her gifted healing abilities with her educational background and life experiences to genuinely help others create the lives they desire and deserve because she has found what works.

Upon her discovery of RTT, she realized that this is the missing link which gave her understanding and

saw how powerful this is. Utilizing this method for herself and for others, she has found it safe, fast, effective, permanent and life changing by identifying the root cause of pain (emotional and/or physical) removing blocks and limiting beliefs that are no longer helpful. She was taught in her holistic health studies about "Primary Food" and says this is it.

She can help guide you towards your freedom from issues that have held you back, release subconscious belief patterns and renew and upgrade your life in a short period of time. You will experience joy and understand how to eliminate permanently, the limiting beliefs that have stopped what has been yours to claim all along.

For more information, email: renewwithpaula@gmail.com, visit www.renewwithpaula.com, or call 954-203-8992. The Renew With Paula Program and Rapid Transformational Therapy are registered trademarks.



Renew with Paula

**All sessions are
conducted via Zoom**

**Please visit my site at
RenewWithPaula.com**

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 RENEWWITHPAULA@GMAIL.COM

 (954) 203 - 8992

