



Paul Drayton, CMT
Director of Mental Training, East Coast,
Mental Training Inc. USPTR Certified
Tennis Professional.

Paul is a Certified Mental Trainer™ (CMT) and has been training since 2000. He has experience working with clients of all ages and experience levels, including nationally acclaimed celebrities.

In addition to publishing two books on performance enhancement, Paul has operated a private practice specializing in relationship and self-realization counseling. Paul lives in North Florida with his wife and two children. When he isn't helping clients or studying the latest literature on mental training, you can find him playing guitar, surfing or playing. He has a bachelor's degree in Physics.

Paul has been a sports nut for as long as he can remember and has competed in 8 different sports, 4 at county or college level. Self-improvement and the mental side of sports have always been an obsessions and resulted in Paul becoming a cognitive behavioral therapist and life coach in 2000.

Paul believes that tennis is the best game for developing real-life mental skills and physical fitness simultaneously. He believes that tennis is a game that people of all ages can use as an analogy of their life and relationships and use it to recognize and modify their thoughts, emotions and behaviors for better results on and off the court.

Contact Paul at paul@ZenTennisLessons.com or (904) 373 8366 for information on workshops and lessons.