

Sport Psychology workshops

Sport Psychology helps athletes to train the mental side of their sport just like they train the physical side. All of our workshops are a great way to introduce sport psychology topics to athletes of all ages and abilities.

Program of available workshops for athletes:

- Confidence building
 - Developing a growth mindset
 - Building self belief
- Focus and attention
 - Managing distractions
 - Dialling your focus up and down throughout performance
- Motivation
 - Know your why
 - The influence of voice, choice, connection and competence
- Stress and anxiety management
 - Know your triggers
 - Reframing pressure as excitement through a process focus
- Competition / match day preparation
 - What works for you?
 - Supporting others
- Setting effective goals
 - Are your goals meaningful to you?
 - Resisting the temptation to compare
- Coping with setbacks
 - Understand and accept that they will happen
 - Learn to reframe and adjust your goals accordingly
- Team / group dynamics
 - Build empathy and learn to collaborate
 - Communicate effectively with others

Tailoring the workshop to your group

We will agree the following information to ensure the session is tailored effectively to your group.

Workshop date:

Workshop theme:

Target age group:

Sport level:

Duration of workshop:

Format (online or in person):

Location (if in person):

Number of attendees:

Cost:

Payment date:

Any additional needs / requirements:

Once we have all gathered all of the information I will send you an agreement to be signed to ensure we are all clear on the plans, expectations and costs.

Pricing structure:

Please familiarise yourself with the guideline costs below, the final cost will be outlined in your tailored agreement.

Guideline prices:

- 1 hour = £199
- 1.5 hours = £275
- 2 hours = £349
- 2.5 hours = £399

Additional information:

- Session prices above include planning, delivery, and within session resources.
- Prices are based on a *maximum of 25* people attending
- 1/2 day and full day workshops available on request.
- Additional costs may occur for:
 - Travel / Room hire (organisations/clubs are encouraged to book their own rooms for workshops)