



Consultation Call What to expect?

First of all, well done for booking your call.

Reaching out for support around performance, mindset, or mental wellbeing isn't easy. For many athletes, it's the hardest step. take credit for that

This call is a chance for us to:

- **Talk about where you're at right now**
- **Understand what you want to improve or change,**
- **Explore what's getting in your way**
- **See whether I'm genuinely the right fit to support you.**

This document explains exactly what the call involves, how I work, and what makes this consultancy different from generic mindset coaching or one-off tips.



HOW TO PREPARE FOR THE CALL

- **Keep 15 minutes free**
- **Take the call somewhere private and distraction-free**
- **Have a pen and paper if you like taking notes.**

If we're a good fit:

- **We'll discuss next steps clearly**
- **There's no pressure, it's either a yes or a no**
- **"I need to think about it" is completely okay**



SOME CONSIDERATIONS FOR YOU BEFORE HAND

- Am I open to working on the mental side of my performance?
- Am I willing to be honest about what's actually holding me back?
- Do I want tools not just reassurance?
- What is the cost of not addressing this?

Consider:

- Your confidence
- Your enjoyment of sport
- Your consistency
- Your long-term development
- Your wellbeing outside sport



**This call is about fit, clarity, and
honesty, not convincing.**

If we work together:

We commit properly

We work with intention

**We focus on meaningful, sustainable
change**

Your performance matters.

Your wellbeing matters.

**And getting the mental side right can
change everything.**



MENTAL PERFORMANCE