

GT10 MOT



The MOT programme is a light version of the full GT10 programme and is an opportunity for you to gather some personal reflection under guidance from your personal Performance Psychologist.

It is a 3-session check in that will analyse your current situation by allowing you to reflect and plan of aspects of your life around Career, Family and Personal Self.

Contact us for more information: 07771783625 | info@gfinternationalsolutions

Profile: Graeme Foreman - Graeme works in the world of Performance psychology, coaching, mentoring, lifestyle and psychology and has over 25 years' experience in Business, Education and Sport. He has extensive expertise in people development, talent identification and performance enhancement.

Graeme started his pathway as a talented tennis player who followed his dream on a scholarship to the USA. A former world ranked player who continues to have an impact within British Tennis as County Captain, Coach and player.

 **INTERNATIONAL SOLUTIONS**