

SPORT



SILVER –

Athlete Psychology Performance Mind Assessment and Report

An online assessment that will score you in key areas of mental performance that will enhance your development. Eight key areas will be highlighted from Confidence to Optimistic Mind.

A full individual report will be sent with initial key areas for development. You will then have a 1 to 1 review followed by a series of intervention activities. Each month for 10 months you will receive a bespoke activity to support the development of and to enhance your performance mindset further. At the end of the programme you will receive a summary 1 to 1 session.

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.

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