

SPORTING PARENTS



Helping you to understand your child's sporting mindset, worries and emotions in more detail.

This 4-session workbook programme will allow you to understand Emotional Intelligence, Pressure of performance, the art of communication and sport discussion and managing stress and pressure. The programme will conclude with a 121 personal online discussion with Performance Mindset Coach.

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**