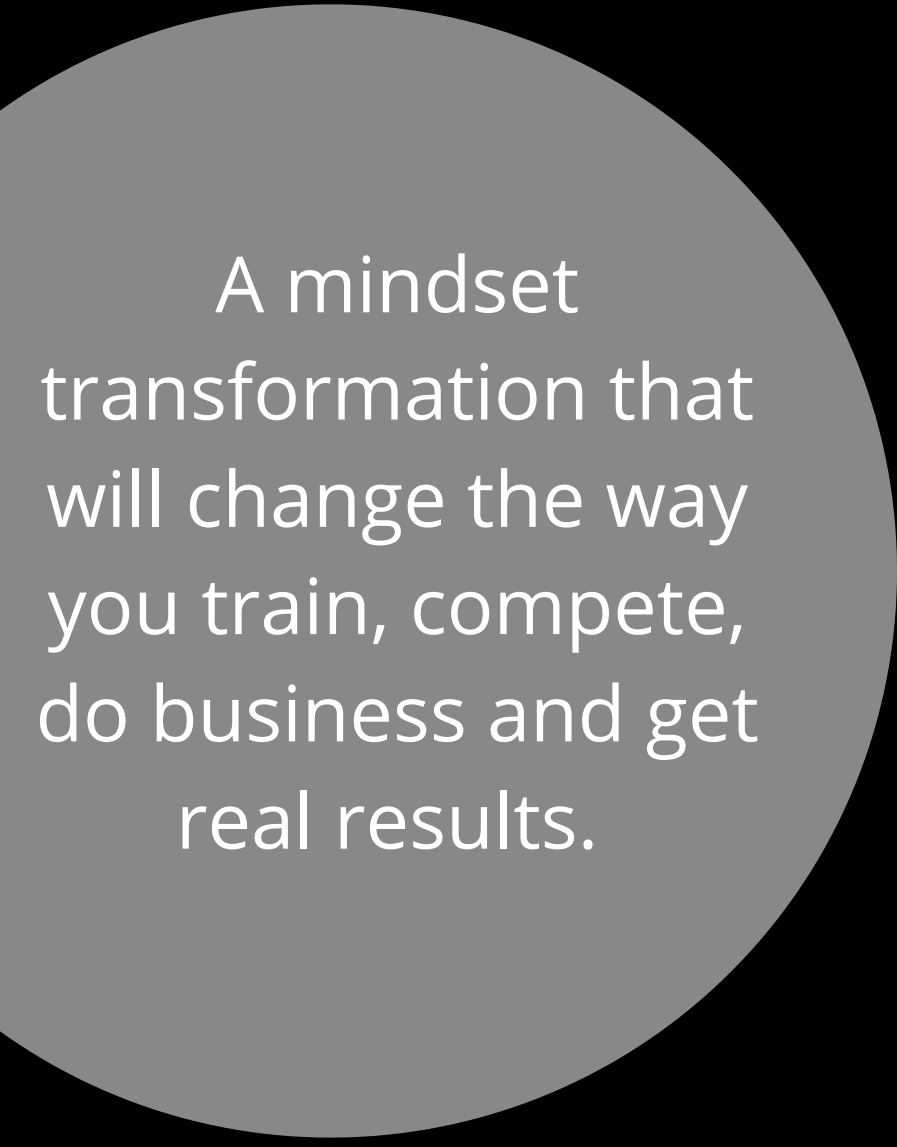




THE CORE HIGH PERFORMANCE MINDSET PROGRAMME.

MATTHEW CUNLIFFE
MINDSET COACH AND PSYCHOLOGIST
WWW.SPORTPSYCHOLOGYKENT.CO.UK



A mindset transformation that will change the way you train, compete, do business and get real results.

The CORE training programme has been designed by high-performance mindset coach and performance psychologist Matthew Cunliffe and aims to give you a personalised solution to your high performance mindset development. You will be able to significantly improve and understanding your high performance mindset with a simple tailor made plan, tools, techniques, and performance strategies.

The advantage of this programme is that it's designed to get you real results real fast. Focussed on your mental training and development. Delivered either online or face to face you will have unfettered access to Matthew or one of his personally trained coaches.

With 13 hours of access my goal is to help you become self-sufficient and be able to use your high performance mindset in whatever setting you come up against. You will be encouraged to practice the skills taught in the sessions and then once you've mastered them with a trainer you will be let loose to practice them on your own.

what is the CORE programme?

The CORE programme has been designed with you in mind. Matthew has spent the last 10 years working with athletes from grass roots through to Olympic and Paralympic athletes, professional sports people, C-suite executives, and business leaders and managers. Whilst working through this journey he noticed that all successful athletes and people has similar characteristics. He groups these together and titled it the CORE high performance mindset.

So what does CORE stand for?

CORE stands for Control, knOw, React, and Engage. These are the 4 pillars of the high performance mindset that really make a differences to performances on a day-to-day basis.

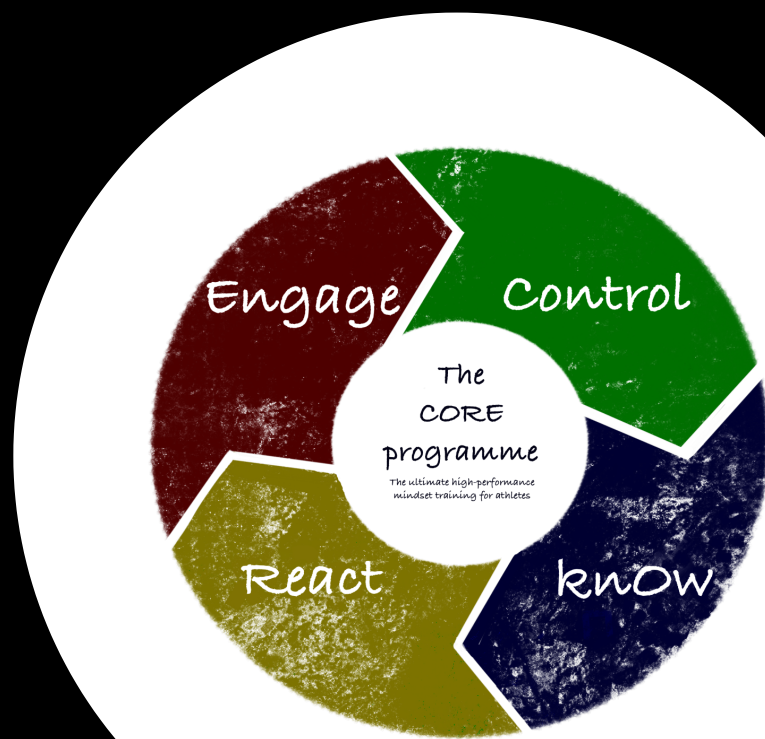
The skills and mindset you will learn on this programme are skills that will set you on a path to success and a high performance mindset for life. You can use them equally in sport, business, school, college, or any project when you need to perform at your best.

Control is about dealing with thoughts, emotions, behaviours, and performances.

knOw is focussed on self-awareness, personality, reflection, typical patterns of behaviour, strengths, and values.

React is designed to help you with strategies to deal with success, problems, challenges, and mistakes.

Engage means that you will learn to use goals, learn effective communication skills, and focus on mindfulness skills to stay present and focused on the moment.



How the CORE training works?

Tailored, flexible, structured, focussed.

The CORE training is 13 hours of one to one coaching with Matthew or one of his specifically trained coaches. Matthew is a mindset coach, and registered performance psychologist. A true expert in performance psychology. That has obtained real results in high performance settings.

You will attend each session on Skype or Zoom or face-to-face if you choose. Sessions are either 1 or 2 hours in length and that's your choice. We will book sessions around your schedule and be flexible on your needs to a week-by-week basis. In addition if you're struggling you can book a session with as little as 3 hours notice.

If you choose to work online you will be able to work with your coach as if they were sitting the room with you in the same location. You will be able to practice skills, and talk through your performance regardless of the problem or topic that you need to work on.

Your first session will be a profiling session. Here we will identify your CORE mindset strengths and weaknesses and explore some of the situations where you struggle and where you succeed. Finally in session one we will set some training goals and priorities for your training.

Between sessions 1 and 2 Matthew will be writing you personalised development plan or PDP. This is something that all elite athletes have in their tool box. It is a tailor made plan for you to improve your mindset. This will be shared with you in your second sessions.

In sessions 2 to 13 we will begin with an update from the previous week and identify any sticking points you noticed. We will set some goals for the session and begin to work through them by talking and working through activities. Finally we will set some action points for you to focus on until the next session. You will be asked to evaluate your coach and then yourself on your progress at the end of every session.

A sample of the CORE training.

Here I have provided you with some samples of what you can expect from the training itself. I'm using a few examples of activities that are related to some type of problems that usually come up. Your requirements will vary from the requirements shown below and this training is flexible enough to accommodate any mindset problem that you face. If there is a skill that you don't need to work on then we will be spending out time focussing on the most important characteristics for you.

Session 1

Profiling session

This is where Matthew will unleash his freakishly accurate assessment skills on you. We will develop a CORE mindset profile, strengths, weaknesses, and 3 priorities for us to focus on

Session 12

Responding to mistakes

WE will identify your typical responses to mistakes and consider how your personality affects this. We will set a strategy or step-by-step process for you to approach mistakes in the future.

Session 3

Challenging PITs

In this session we will work on identifying and challenging some of the performance interfering thoughts you have or say to yourself.

What topics do you typically work with?

Peak-performance
Self- criticism
Perfectionism
Team cohesion
Communication/ relationship coaching
Performance anxiety
Identifying your strengths
Productivity/ motivation
Confidence coaching
Stress reduction
Weight loss
Team leadership
Personal effectiveness
Life goals, sport goals, business goals.
High-performance mindset
Team coaching
Board/committee training

If you don't see what you need here just get in touch

Moving forward on your own.



After 13 hours of coaching on your mindset you will have a number of skills that you can take forward in all areas of your life. These will have a big impact on what you do and how you do it moving forward as a performer.

We will encourage you to take as much ownership as we can and our final task will be to develop a training blueprint. A one pager with some of the triggers you have mentioned, some of the thoughts and behaviours we have identified, and all of the techniques and skills we have used. This is something you can keep with you all the time to refer back to if you need it.

FAQ's

Q - i'm not an elite athlete does it matter?

A - Absolutely not these skills have been used and taught to everyone from grass roots athletes, to Olympics and World Champions, business executives, and managers. The point of this programme is to give you the skills that will enable you to harness your high-performance mindset regardless of the situation you are in.

Q- I have a specific problem I want to work on how will you accommodate me?

A- I'm asked this a lot, our profiling session will identify where the problem lies, the problem will then become priority number 1. When we've sorted the problem we will continue to build you high-performance mindset.

Q - Can I see some testimonials?

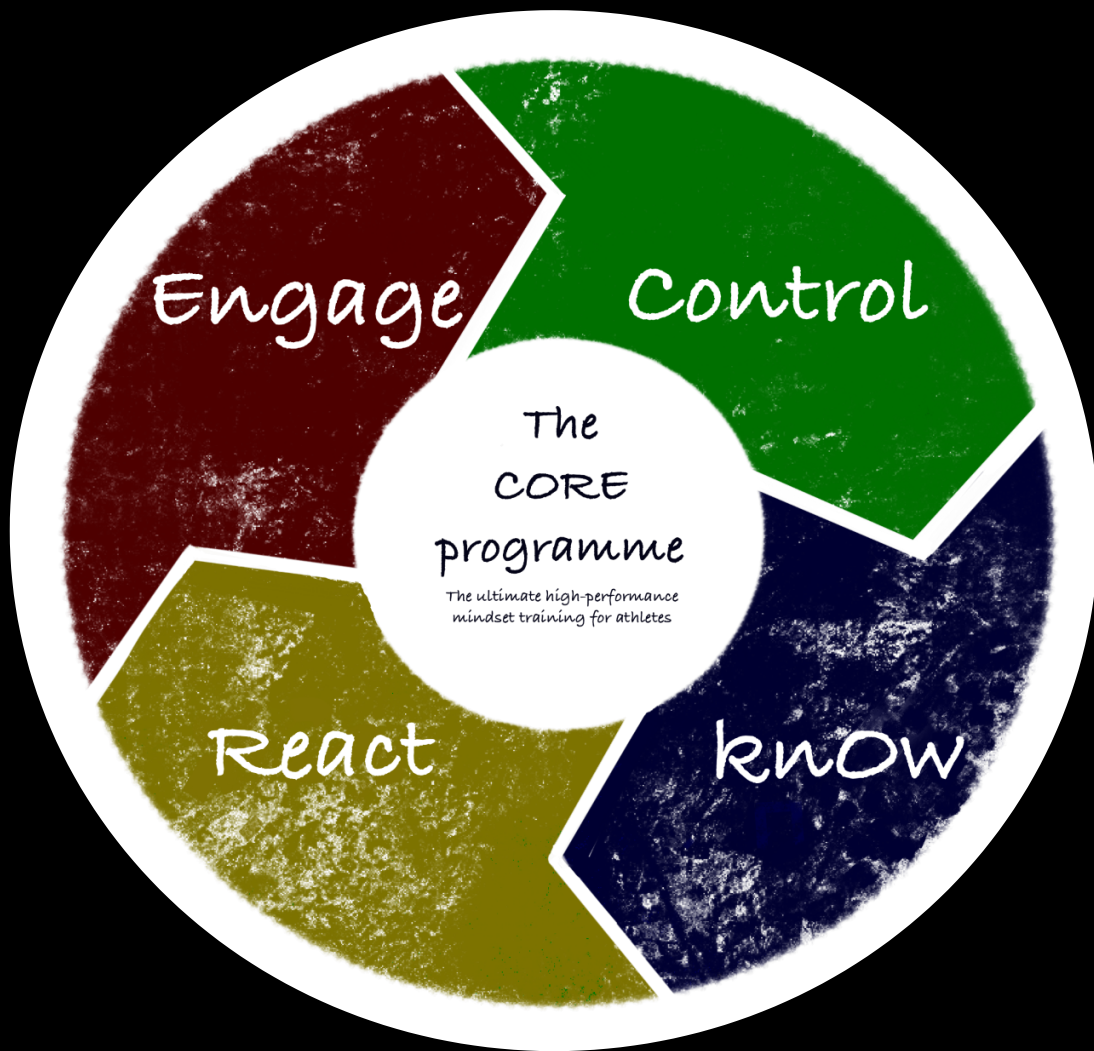
A- Yes of course. Please email me to send a few through. I will be happy to also send you comments from my past trainees, and I can offer some data from everyone who has worked with me previously.

Q- I'm pretty good already, will I be wasting my time spending sessions focussed on that topic?

A - Absolutely not. This is a tailored programme that based on developing your performance mindset. If you are already good at something that's great. Then we will focus the full training time of your priorities.

Q - I'm sold how do I sign up?

A - That's great. The programme is always accessible. At peak times there may be a waiting list to work with Matthew but we can set you up with another coach. Just email matt@sportpsychologykent.co.uk to book your first appointment.



www.sportpsychologykent.co.uk

The CORE performance mindset programme is a registered trademark for Matthew Cunliffe mindset coach. All rights are reserved.