

YOU VS YOU OUTLINE

THE KAIZEN APPROACH

Working with individuals who are ready to share and tell me what are the areas that need to be supported. Let's speak about risk, situations that maybe you get involved in that do need that challenged and reflect on how to keep you safe. **My point is let's make the most of the sessions.**

The 12 months will include 6 components which will be tailored to areas of identified development.

Assessment – Goal Setting – Action Plan – Tools & Techniques – Practice – Reflection

What is included in the 12 months mentorship

- **Sessions**
- **Out of session check in and communication**
- **Assessments – KPT - Key Performance Tracking**
- **Resources**
- **Journal notebook**
- **Curated Performance Reading (Integrated, Not Standalone)**
- **Following Year Development Plan and End of Mentorship Report**



ADVOCATE

Note to you from me! "Pain is inevitable, suffering is optional" - I believe in this. We have been conditioned to think that having a family, driving a nice car, not living at home and other external things mean that you are developing and happy. **This has to be one of the worst lies ever told.** We ignore harmful coping behaviours, laugh them off when in fact these are all signs of not managing any pain or suffering. My mentorship will not take that away but it will support how you view and navigate areas of impact.

Pressure and demand are a part of life, as well as barriers and challenges, but it's having mental tools and disciplines that will see you navigate them in healthy ways and not be trapped by fear.

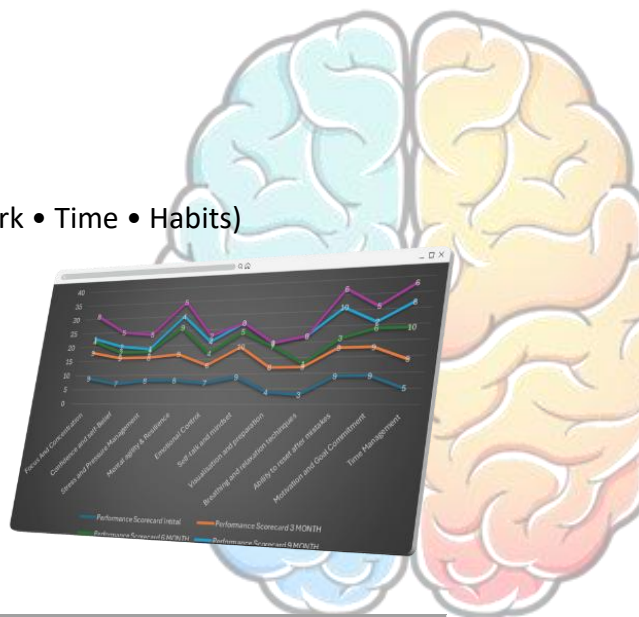
Quarter 1 BASELINE & IDENTITY AWARENESS



- 16 Personalities Assessment
- Performance Scorecard
- Wheel of Life + Empire Balance Check
- Initial SWOT: Strengths, Risks, Barriers
- Story Mapping: triggers, patterns, protective strategies
- Define "non-negotiables" (sleep, rest, time, structure)
- Values exploration
- Purpose & identity drivers
- Motivation audit (intrinsic/extrinsic alignment)
- Set 3 outcome goals + 3 behavioural/process goals
- Habit architecture (tiny habits + behavioural anchors)
- Nervous system basics: calm, clarity, stability
- Month 3 Review: baseline → current shifts
- Micro-adjustments for Q2

Quarter 2 SKILL DEVELOPMENT & CAPACITY BUILDING

- Cognitive restructuring
- Identity shifts under pressure
- Internal dialogue reframing
- Emotional regulation tools
- Breathwork, grounding, and recovery strategies
- Mental Agility Core Principles (Philosophy • Network • Time • Habits)
- Unhelpful thinking styles
- Confidence theory and building strategies
- Boundaries + power dynamics
- Performance routines + behavioural anchors
- Focus + attention training
- Energy and recovery cycles
- Mid-year: PERFORMANCE SCORECARD
- Adjust goals + training blocks for next quarter



Quarter 3 PRACTICE, EXPOSURE & CONSOLIDATION



ARCHITECT

- Controlled exposure to pressure
- Stress inoculation techniques and “In the moment” mental agility drills
- Review of non-negotiables
- Habit deepening + refinement
- Behavioural alignment review
- Evidence review: high-pressure scenarios + response patterns
- Tackling persistent blocks
- Narrative reconstruction (the story you’re operating from now)
- Empire Alignment Review: mindset, heartset, healthset, soulset
- Recalibrate goals based on lived evidence
- PERFORMANCE SCORECARD

Quarter 4 IDENTITY SOLIDIFICATION, LEGACY & TRANSITION

- Create a long-term development plan/forward strategy for the next year
- Build identity statements (future self & leadership identity)
- Identify risk factors for regression
- Build a relapse-prevention and recovery framework
- Full-year comparison data
- Final Performance Scorecard



ADVENTURER

Next steps

It's important for me to tell you that change happens outside of the sessions. Working together will combine the space for you to offload which I think is important for you to have a trusted space with no judgement **with no fear of anything getting back to club or news.** Space to unpick and challenge areas of performance both personally and professionally as well as activities that drive your thinking, manage your time and give you time to reflect.

With me it is not just about what you do on the pitch, field or track but also how you manage relationships, communicate and having habits that don't pose risk to you in any way.

Lastly

"There are no short cuts" this process will not always be easy, growing self-awareness, facing difficult experiences do come with an emotional reaction. This is where my trauma training and understanding of psychology come into play.

Challenge, conflict and disruption can bring frustration. I can tell you that knowing what is happening for you is empowering and awareness gives you options to do **different actions for different outcomes.**

Options

Remote – allows flexible and access anywhere in the world

Face-2-face – I am based in London but flexible in and around the midlands areas (International travel available)

Blended – a mix of face to face and remote sessions

Bespoke presence-based – options for individuals wanting an in-environment approach for training camps and high-stakes competition or performance windows.

Prices will vary depending on options – see price list

