

TRANSFORM. RESET. TRANSCEND



What are the expected outcomes?

Teams attending this training and adopting the techniques can expect a measurable increase in:

- ✓ Confidence
- ✓ Resilience
- ✓ Belief
- ✓ Mental well-being
- ✓ Endurance

They will be able to achieve and evidence faster training recovery times, increased repeat sprintability and reduced risk of injury.

They can expect greater access to flow states, an increase in overall health, and more optimal movement.

All of this ultimately translating to better results.



“We saw an immediate impact in how our players trained. Highly recommend!”

Greig, National Football Coach

TRANSCEND

A Power Performance Package for ambitious teams

What's involved?

Training for a team of up to 15 members in multi-dimensional, proven, performance-enhancing techniques at a venue of your choice. Includes training of both the body and the mind, leveraging our in built natural resources as human beings as well as those freely found in nature. Suitable for both active players and also highly beneficial for those having downtime due to injury.

Who can benefit?

This workshop is suitable for all sports teams - and particularly relevant for those experiencing a loss of confidence or performance dip, and/or or with ambitious goals in mind.

For more information and to book:

Email paul@olympianmind.co.uk and quote 'Transcend for Teams'

Agenda

The agenda is designed partly bespoke in discussion with the specific needs of the team in mind, however typically includes as a minimum:

- Diagnostics - where are you now and how we will measure success
- Redesigning and firing up your goal plan
- How to access your flow state – individually and as a team
- Cold training as a tool to improve endurance and boost recovery
- Incorporating mental rehearsal to accelerate skills learning and improve results
- Breathwork for better movement and oxygen delivery
- Developing mental resilience – how to cope when things go wrong
- Simulated high altitude training - without the travel
- Resolving individual and team performance blocks
- What to do when you hit a performance block / belief issue

Day 1 covers the fundamentals. For those booking the two day version we go into more advanced techniques on day 2 and include the full Wim Hof Method. We also spend more time identifying and resolving performance blocks such as unhelpful unconscious beliefs.



Your facilitator and trainer

PAUL HEWITT

Five time British and three time European champion

Paul is the owner and founder of Olympian Mind, established to help individuals and teams get the results they deserve. He is experienced in all the latest and most effective rapid performance transformation techniques, giving you the fast track to a new level.

For more information on Paul and his work visit olympianmind.co.uk

“An amazing two days spent, learning lots and coming away totally invigorated! Paul was a brilliant instructor”

Paula - Transcend for Teams delegate

TRANSCEND 1 DAY - £1500

TRANSCEND 2 DAYS - £2500

Prices based on 15 participants. For larger workshops add £100 or £150 per additional head respectively. Includes 6 weeks of phone/email support for the team coach to help integrate the techniques into your training.

Requirements

Ideally you provide the venue to host the workshop. We can come to you at your training headquarters. Otherwise we can source a suitable venue at additional cost.

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