



Mentorship Program.

LEARN | TRAIN | SUSTAIN

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TABLE OF CONTENTS

1 Introduction

Introduction to the mentorship program, giving you insight on what to expect along with what will be covered within the 6-week period.

2 Info Gathering

This is all about you, the info gathering stage provides me with a needs analysis of what you want to achieve at the end of this mentorship program.

3 1:1 Support

We pride our mentorship program on 1:1 support all support is bespoke to you. We use several avenues of support to help you achieve your goals.

4 Learn & Progress

This gives you insight on what you will learn and how you will progress. We want to provide you resources that can support you on your journey.

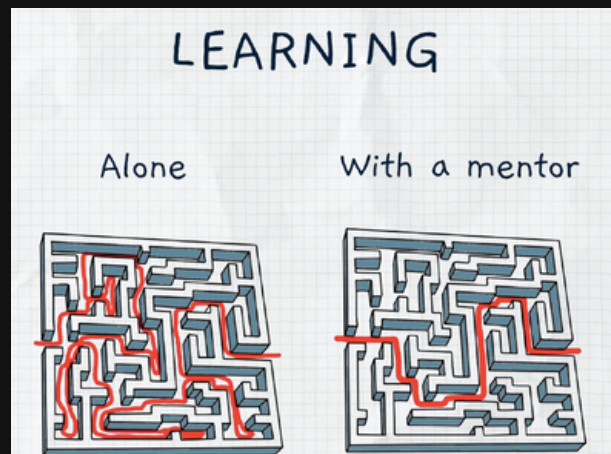
5 Success Stories

Don't just take it from us read some of our success stories, read how they got where they are and how we supported them through the mentorship program.

THE POWER OF MENTORSHIP

CHRIS CHAPMAN

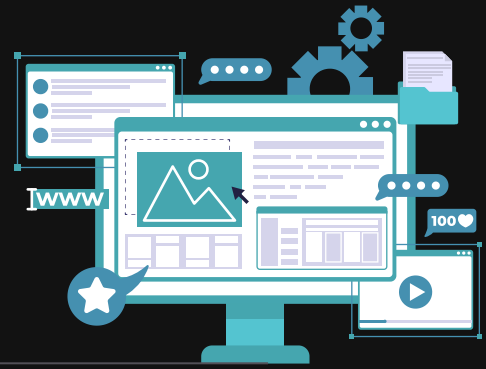
In both personal and professional lives, seeking to develop new skills, learn new things and challenge ourselves on a regular basis comes with many rewards. The benefits of mentoring are widespread from accelerating self-development to improving confidence there's much to be gained. Develop key skills and systemise your approach providing you with clear goals and objectives that will enhance you as a coach and increase your career opportunities.



Career development is a big factor when individuals are considering a mentor. Benefits of mentoring for career development are promoted 5 times more often than people who don't have a mentor. Job satisfaction is massive, reaching your goals makes you feel fulfilled and successful. Personal network receive the benefits of growing your network remember your network is your net worth.

Are you ready to take control of your coaching and training?

Info Gathering



DROP ME AN EMAIL.

Drop me an email to receive an **ONBOARDING FORM** - this document highlights where we can support you best.

1

2

BOOK A 1:1 ZOOM (45MINS).

Book a 1 to 1 zoom, here we discuss where you want to go, your goals and discover how the mentorship program will support you.



NEEDS ANALYSIS

3

During the call we will go through a needs analysis this is where we discuss your wants, needs and goals.



12-WEEK PLAN

5



4

From the needs analysis we will create a 12-week plan that will support you on your goals, further we support through modules that provide you with a clearer vision of how to achieve your goals.



EVALUATIONS & MODIFICATIONS.

Working through the plan, there will be opportunities to evaluate and modify the plan, often mentees out grow there 12-week plan, Zoom 1:1s are used at week 4 and 8, and email and text support throughout.

1:1 SUPPORT.

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CHRIS CHAPMAN MSC

We are here to serve you, our mentorship program is designed to be led by you. We understand the pain points and the continued battle through the trenches. Our program aims to provide you with clear strategies to enhance your coaching through serving your needs. Working through intrinsic motivations that provide you with clarity and skill development.

With over 15 years experience working with professional coaches to grassroots you are in good hands.



We serve you with 3 months of 1:1 support which provides you with a clear strategy having hard conversations that don't happen on social media.



We also offer support within interview techniques, job application forms outline what are they looking for? Building experience, building a network and establish yourself within the industry.

1. Coaching Patterns (Part 1)

Human ambulation and leaving the ground is the base of all training and performance.

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- A male athlete in a white long-sleeved shirt and black shorts is in a starting crouch on a track. He is looking forward with a focused expression. The background is a blurred outdoor track setting.
- Gait Mechanics/Small-Sided Games
 - Sprinting
 - Jumping

We will learn the phases of gait mechanics and how it is the base of all the movements that lead to athletics success.

2. Coaching Patterns (Part 2)

Training Design through developing strategies to develop key physical metrics.

- Skill Acquisition
- Four Corner analysis
- Plugging the Science

Increase your coaches eye by breaking down each primary physical component and become a more effective coach.

3. Physical Corner

What is the physical corner?

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- Building an Aerobic Base
 - Anaerobic Base
 - Speed & Power Development

We will learn the reality of what strength and power is, and how to train properly.

4. Training Modalities

Getting faster must be the priority in your program.

- TMC - Tactical Metabolic Conditioning
- Anaerobic Speed Reserve / MAS
- Small Sided Games Theory

Learn how to directly influence the speed of your players inside your training system.

5. Planing & Designing

Closing space and creating space is a valuable asset in sport.

- Three Planning Solutions
- Understanding the Landscape
- Create Practical Examples

Learn how to directly influence the speed of your players inside your training system.

6. Synthesise

Athletes need adjustments constantly in their training.

- Summarise all Previous Modules
- Develop a clear strategy to move forward
- Practical application and support

We will discuss how to synthesise the key elements and practically apply them within your coaching system.

SUCCESS STORIES.



Nick Botten Head of Performance at Bradford Bulls Rugby League.

“The mentorship program provide me with a clear structure and allowed me to systemise my approach to training. The support and modules were really in depth and provided me with practical elements that i now use in my programming. This has been one of the best investments of my career now landing me a major role”.

Louis Birchall Nottingham Forest U21s Strength and Conditioning Coach.

“This is one of the best mentorship programs on the market, Chris’ knowledge, expertise and guidance is amazing not only this but his network allowing you to have a clear exit path from the mentorship. Definitely worth every penny”.



Martin Hamer Blackburn Rovers Women Head of Performance and Scotland Rugby League Strength and Conditioning Coach.

“The mentorship program is the best on the market, the guidance, support and knowledge you receive is amazing not only that but, the passion and commitment that Chris’ shows makes you want to succeed.”



Will Brant Strength & Conditioning Coach at Birmingham City FC.

“The mentorship program is absolutely amazing, initially you think wow 6-weeks for £300 is a lot, but i guarantee it is money well spent a great investment, the resources, support and exit paths are amazing providing you with not only the knowledge, the experience and network to really succeed in the industry” Get it done you will not be disappointed!



NEXT STEPS.

- Email chris@speedmechanic.co.uk and let's get your onboarding form.
- 'FREE' Zoom Call booked for a 1-2-1 '45 minutes' Needs Analysis
- 3 months 121 support + a 6-Week CPD program.
- Start & Finish Date confirmed.
- Milestones and Goals agreed.
- Let's get going!

