

Be The Best

Performance Psychology

By Ben Nicholls
Sport & Exercise Psychologist in Training

What is Sport & Exercise Psychology?

Focuses on the **mental side** of sport, exercise & rehab

Builds confidence, motivation & resilience

Helps you manage pressure, setbacks & performance

Not just fixing problems - also taking you from *good to great*

Support Areas:

Sticking with rehab

Returning after injury

Confidence & Self-Belief

Motivation & Resilience

Managing anxiety

Mindfulness & Self-Talk

Handling pressure & mistakes

Pre-performance routines

Staying consistent with exercise

Packages:

Single sessions - £50

Multi-session packages:

6 sessions - £270

8 sessions - £360

10 sessions - £450

Plus a **free** introductory call!



Contact us for more information