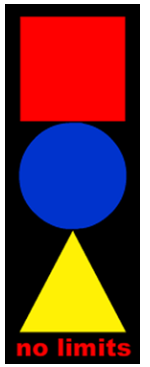


# raise your game



## workshop outline

Developed with sports professionals, **raise your game**, is a fun, active, practical programme that enables young people to learn and practically apply the mental skills essential for success in sport.

- **success in sport:** analysing the characteristics of successful sports people and how these can be systematically developed and applied
- **developing a winning mentality:** some of the essential elements in winning
- **goal-setting and action planning:** understanding and applying goal-setting for elite performance
- **developing positive mental attitude:** for individuals and teams
- **using our brains:** focusing on how we can use our brains more effectively to reach excellence and lower performance anxiety
- **relaxation, visualisation and mental rehearsal:** developing understanding and learning the skills that can be applied in training and preparation for competitive performances

<b>who for?</b>	Year 10 - 13 (particularly those studying or participating in sport)
<b>how long?</b>	Either 2 x 2-hour workshops per day <b>or</b> 1 full-day workshop
<b>how many?</b>	50 pupils per 2-hour workshop <b>or</b> 30 pupils per full-day workshop
<b>how much?</b>	£8.75 per student + vat for 2 x 2-hour workshops <b>or</b> £750 + vat for full-day
<b>what next?</b>	Call <b>0115 875 2508</b> or email <a href="mailto:jane@nolimitseducation.co.uk">jane@nolimitseducation.co.uk</a>