

Programmes

| Programme Name | Who it is for | What you will learn | What you will gain | The Programme |
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| awinningstart “Laying the foundations for a successful career in competitive sport” | This programme is for sportspeople at the beginning of their career. | <ul style="list-style-type: none"> • What you want to achieve in your chosen sport • How to handle pressure, become more resilient, maintain focus and self discipline • To be more in control of your destiny | <ul style="list-style-type: none"> • Confidence • Direction • A plan of action for your future | <ul style="list-style-type: none"> • Dream catching • The Dream versus the Reality • Making it happen • Plan of action and support |
| awinningfinish “Laying the foundations for a seamless transition out of competitive sport” | This programme is for sportspeople preparing to leave or those who have already left competitive sport. | <ul style="list-style-type: none"> • The things that drive you and which you are passionate about. Who is the real you. • How to make decisions that are right for you • How to fulfil your potential outside of competitive sport • How to set meaningful and achievable goals | <ul style="list-style-type: none"> • Confidence in being able to start the journey to a new career and life • An understanding of your transferable skills • A plan of action for the future • Fresh direction, goals and ambition | <ul style="list-style-type: none"> • Discovering your untapped talents • Igniting your passion • Unearthing the real you • Making it happen • The business end |
| awinninglife “Raising your game and maximising your potential” | This programme is for sportspeople who have made the transition out of competitive sport and are seeking to improve their performance in their new field. | <ul style="list-style-type: none"> • How to maintain your momentum • How to identify and make the next step • How to manage your work life balance more effectively | <ul style="list-style-type: none"> • Ongoing support to make it happen • Greater control of your new career and life • Increased performance in your new situation | <ul style="list-style-type: none"> • Reality check – reviewing your goals • Identifying areas for improvement • Avoiding ‘change back’ messages • Setting new goals |