



The
Performance
ACT

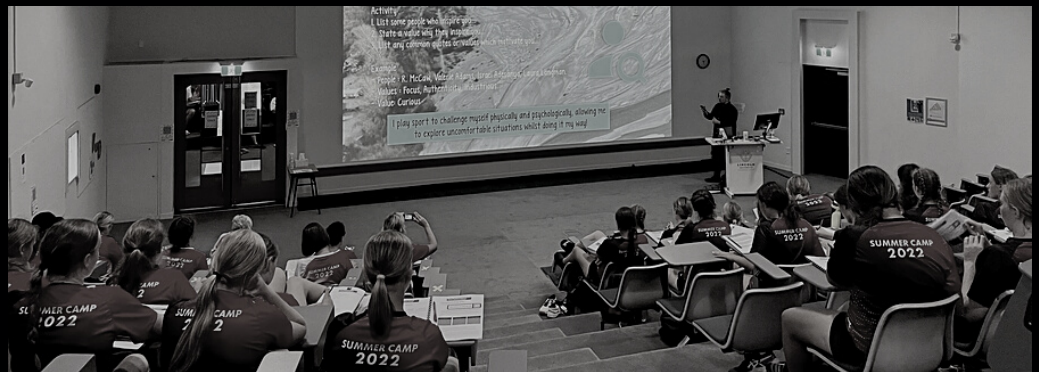


**HELPING
PEOPLE
GROW**

2024 Program Overview

ABOUT

The Performance ACT



Supporting the Top 2 Inches

The Performance Act is dedicated to empowering athletes to optimize their well-being and unlock their full sporting potential. Through our workshops and programs, we equip athletes with psychological skills that complement their physical training, helping them grow their performance in sport and life.

Participants will gain insights and practical strategies to nurture their wellbeing, both in their athletic pursuits and in their everyday lives.

Support for Parents and Coaches

We recognise the vital roles family and coaches play in nurturing young athletes. Therefore, we also provide support that extends to the entire team around the young athlete, including parental and coaching workshops.

Our Impact

Our team is a collective of psychology practitioners with over 20 years of experience, serving individuals across the athletic spectrum, from olympic medalists to those just starting their sporting journey.

What unites our team above all else is our unwavering commitment to providing top evidence-based support. We see each program as a unique journey, and we will collaborate with you to ensure each journey has impact.

"The ideas were specific to what we actually might deal with in our sports and life..."

...I started to understand some of the solutions to the struggles I was having"

**PROGRAM
PARTICIPANT**

OUR TEAM

Our programs, guided by experienced psychologists and educators, provide extensive support across diverse psychological disciplines, ensuring well-rounded assistance for our rangatahi



JASON YUILL

PROCTOR

Director of Performance
Psychology

Jason, a Senior Performance Psychologist, has over a decade of experience helping athletes of all ages, from Olympic medalists to beginners embarking on their sports journey. He firmly believes in the power of sport to develop life skills and is now eager to support the next generation of athletes.



CATHY ROBSON

Educational Psychologist

Cathy, a specialist in aiding rangatahi and their whānau, heads our parental support programs and shapes student-athlete development. Her coaching experience, including with Canterbury's Special Olympics basketball team, fuels her enthusiasm to assist parents in nurturing their tamariki in sports.



JAMES ORRITT

Psychological Skills Coach

James, a former elite rugby student-athlete with six years of sport and psychology study at the University of Canterbury, adds vast knowledge to our team. Currently training as a Clinical Psychologist, he spearheads research on coach communication strategies to facilitate behavioral changes in athletes and students.

"I cannot speak more highly of the professionalism and the level of presentation..."

RILEY GAIN

St. Andrew's College
Teacher in Charge of
Athlete Sport
Development and
Athlete Sport
Performance
Programmes.

SUPPORT



Athletes

Our workshops are designed to be highly interactive and impactful for athletes, whether delivered in person or online. We focus on engaging participants through meaningful reflections and peer interactions, fostering an environment that encourages personal and athletic growth. Each session is crafted not just for learning, but for active participation and exchange of ideas among athletes.

In addition to the interactive experiences, we provide each participant with a comprehensive resource kit. This kit includes practical guides, exercises, and digital tools to reinforce the skills learned during the workshops. These resources are tailored for easy integration into daily routines, ensuring that the athletes can continuously apply and refine the skills in their sporting and personal lives, making our workshops a transformative step towards enhanced performance and growth.

Our interactive sessions feature evidence-based tools that explore:

- Managing high pressure moments in sport performance
- Learning skills to develop emotional intelligence and self-awareness
- Defining personal values and how to work towards them
- Finding purpose on your journey through sports
- Learning about the brain, nutrition, and recovery
- Strengthen connections with team members
- Increasing focus, concentration, and motivation in sports

SUPPORT



Parents

In our dedicated whānau sessions at The Performance Act, we aim to equip caregivers with the knowledge and skills to actively support their child's sports journey. These sessions delve into the fundamentals of psychoeducation, focusing on the brain's mechanisms and the pivotal role of emotional coaching.

We believe understanding these elements can significantly enhance a caregiver's ability to navigate and positively influence their child's emotional experiences in sports.

Recognising the unique and expert role of each parent or guardian, we approach these sessions with respect and understanding. Our goal is not to be overbearing but to serve as a supportive tool, complementing the insights and experiences you bring as the primary nurturer of your child's talents and aspirations. Together, we strive to create a nurturing environment that fosters growth, resilience, and success for young athletes.

Our support will explore:

- Understand and grow sideline behaviour to support young people.
- Insight into parenting challenges during adolescence.
- Techniques for better response to children's emotions.
- Develop skills for emotional literacy with teens.
- Enhance communication to strengthen parent-child bond.
- Explore emotional resilience strategies for young people.

SUPPORT



Coaches

At the Performance Act, our specialised coach development sessions are dedicated to enriching coaches with advanced psychosocial skills. These skills are crucial not just for the coaches themselves but play a pivotal role in significantly enhancing their athletes' development. Our sessions address the often-overlooked psychological aspects in coaching, focusing on key developmental areas

Our aim is to demystify the process of building and nurturing the psychological skills of athletes. We provide coaches with clear, practical tools and resources, seamlessly integratable into their training sessions. These tools are crafted to empower coaches, enabling them to effectively implement psychological strategies that foster athlete growth and resilience.

Through these sessions, coaches learn to:

- Create psychologically safe environments for athletes.
- Foster the growth of psychological skills within their teams.
- Translate club values into actionable coaching strategies.
- Build authentic, trust-based relationships with athletes.
- Implement techniques for motivational behavioral change.
- Equip athletes with effective anxiety management skills.
- Maximize both performance and satisfaction in sports.

GROW

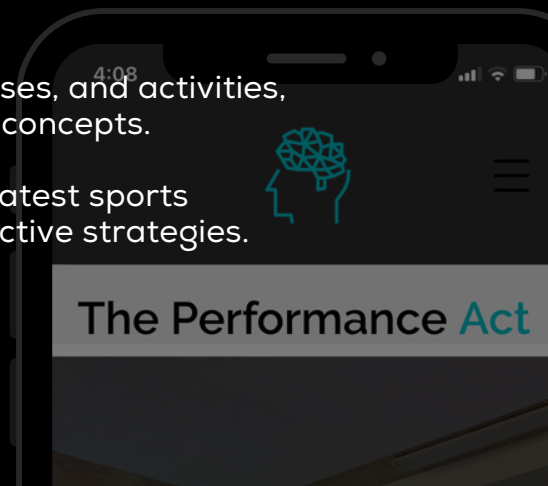
Our online platform to support your journey



The GROW platform is like having a personal sports psychologist within reach, designed to enhance the learning journey for participants of The Performance Act's workshops and programs. This online hub centralises digital course materials, resources, and coaching tools for easy access, supporting coaches, parents, and athletes.

Key Features of GROW:

- **Self-Paced Video Courses:** Catering to coaches, whānau, and athletes, these courses allow learning at one's own pace, addressing specific needs in sports psychology
- **Ready-to-Use Session Plans for Coaches:** To fit busy schedules, GROW provides practical session plans integrating psychological skills training into coaching, making implementation straightforward.
- **Extensive Digital Resource Library:** Coaches have access to a vast library of articles, research, guides, and toolkits covering a broad spectrum of sports psychology topics for athlete development.
- **Resources for Parents and Athletes:** GROW helps families support their athletes' psychological needs. Athletes also find self-development resources, focusing on resilience and mental well-being.
- **Interactive Content:** The platform features quizzes, exercises, and activities, engaging users and enhancing the application of learned concepts.
- **Regular Updates:** GROW is continually updated with the latest sports psychology research, providing the most current and effective strategies.



SUPPORT OPTIONS

SUPPORT	OPTION 1	OPTION 2	OPTION 3
Parent workshop	1	2	3
Athlete Workshop	3	4	6
Coach Workshop	0	1	1
Online resources	Access	Access	Access
Psychology of coaching webinar	No Access	Access	Access
An introduction to mental skills training webinar	No Access	Access	Access
Performance Under Pressure Webinar Series	No Access	No Access	Access
Club Wide Discount*	10%	10%	20%
Program Investment	\$900	\$1700	\$2600

ADDITIONAL SUPPORT

- Parental Programs
- Student-Athlete Program
- Coach/Educator/Student-Athlete Workshops
- 1 on 1 Athlete Support
- End of year program report

FAQS

Our team is always here to mould the support to your needs!

- What therapeutic approach do your programs use?

Our programs at Performance Act integrate Acceptance and Commitment Therapy (ACT), focusing on developing psychological flexibility to adapt to challenging thoughts and emotions while aligning with personal values and goals.

- How long do the programs last?

Program durations vary, but we customize the format and timing to meet your organization's specific needs, ensuring impactful outcomes.

- Who is eligible for the club discount?

Any member of the club, as well as the club itself, can utilize our club discount. This discount is valid for 12 months from the initial program purchase.

- What are the payment options for the Support programs?

Payments are typically made in thirds: at the program's start, midway, and upon completion. We are open to discussing alternative payment structures that may better suit your club.

- What does the one-on-one mental skills support entail?

This support provides athletes with tailored, confidential assistance to address specific performance-related challenges, enhancing their mental skills.

- Who has access to your webinars?

Our webinars, included in some program options, are accessible to all club members. Each club receives a unique code for member access.

- Can we collaborate in promoting our support partnership?

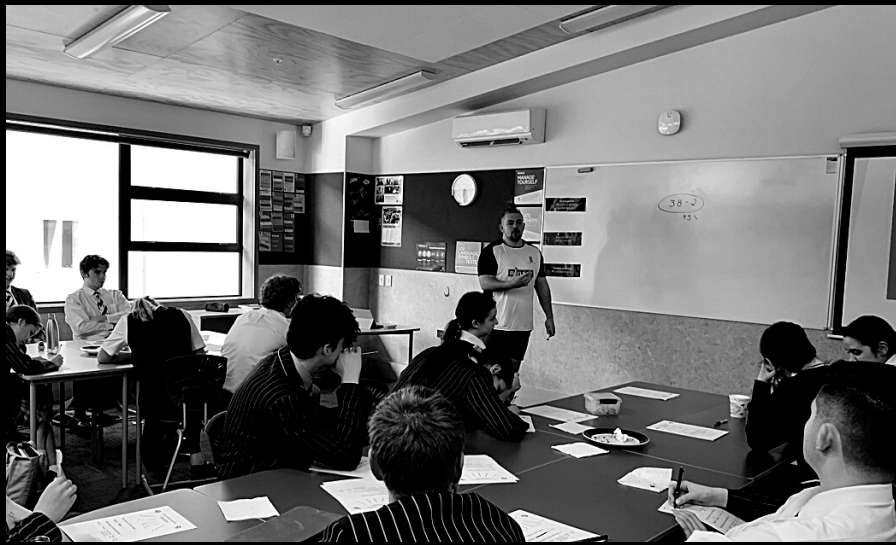
Absolutely! We are eager to collaborate in sharing the story of our support and partnership through social media and other platforms. Contact us to explore these opportunities.

NGĀ MIHI!

Our team would love to be part of your journey, if you would like to start now please feel free to contact us!

 info@performanceact.com

 The Performance Act



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