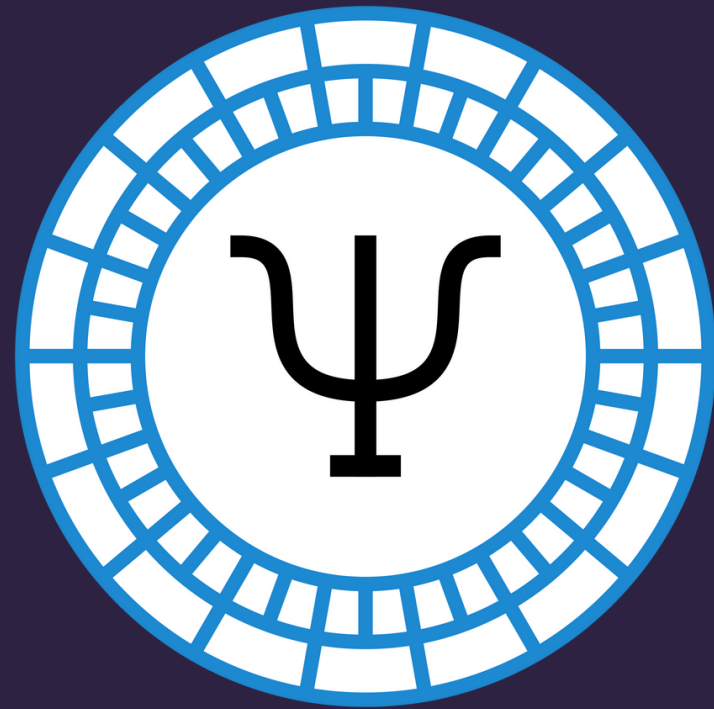


PSYCH-CHEK

Consultancy

Specialising in talent development and
performance optimisation



What is sport psychology?



Who uses sport psychology?



What does the support look like?



Why PSYCH-CHEK?



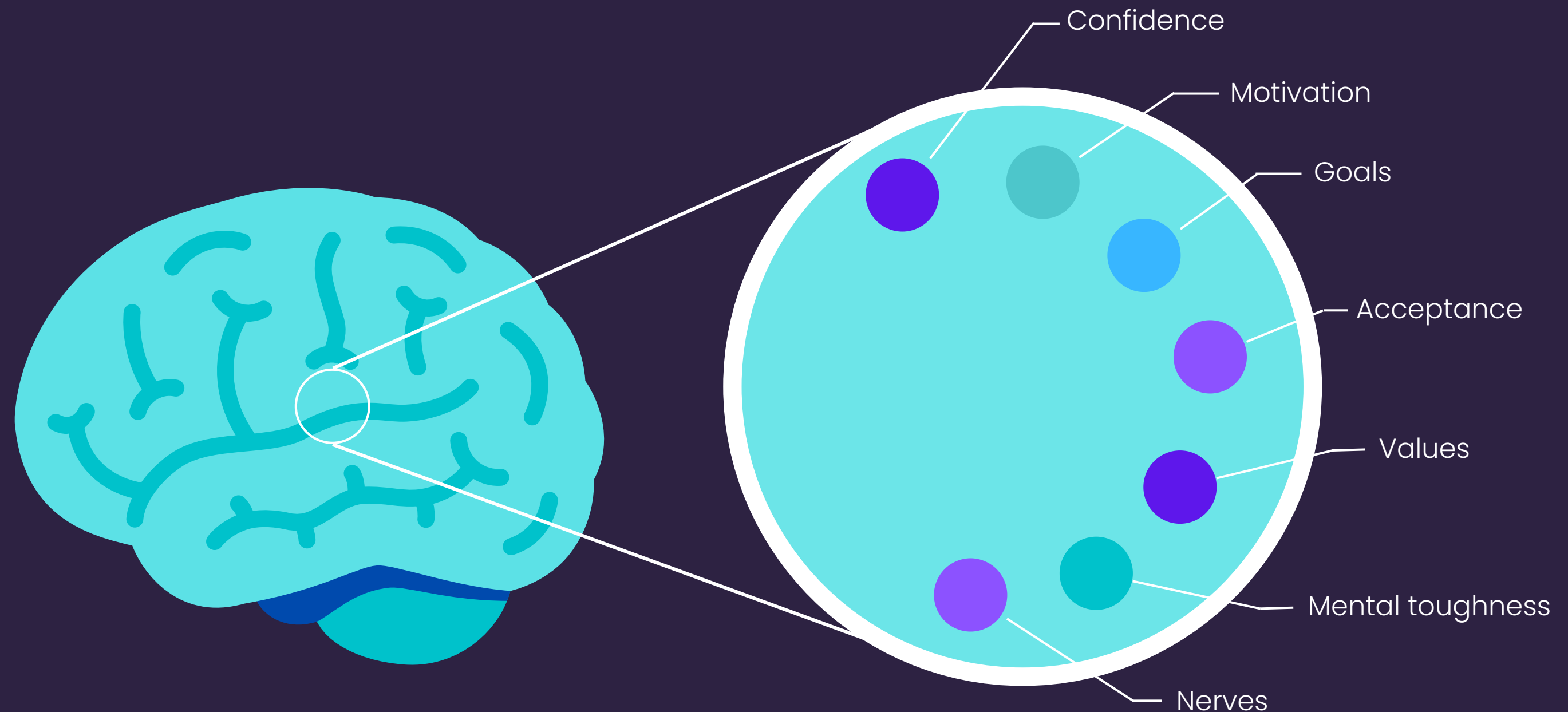
What is sport psychology?

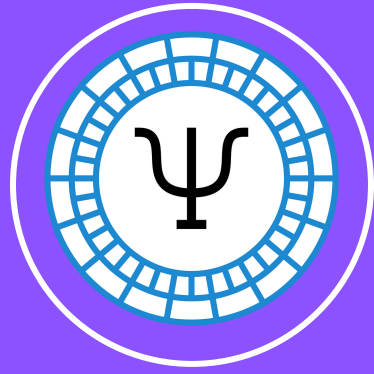
The Mind

Sport psychology targets the most important part of the performer, the mind.

Sport psychology focuses on understanding and developing the mental side of players, coaches and stakeholders.

Individuals will learn how to manage their emotions, focus on their performance and influence their mind to become the best performer they can be.





Who uses sport psychology?



Fnatic



Team liquid



Tundra



Astralis



CLG



LA Lakers



USA Olympic Committee



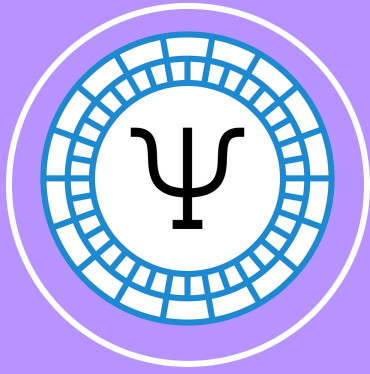
Manchester United



Manchester City



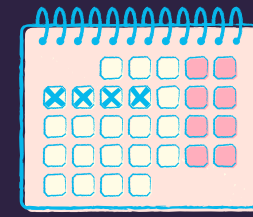
English Institute of Sport



What does the support look like?



Education



Practice



Perform

Performance
Plan



Player Profile

Monitor Progress



Interview

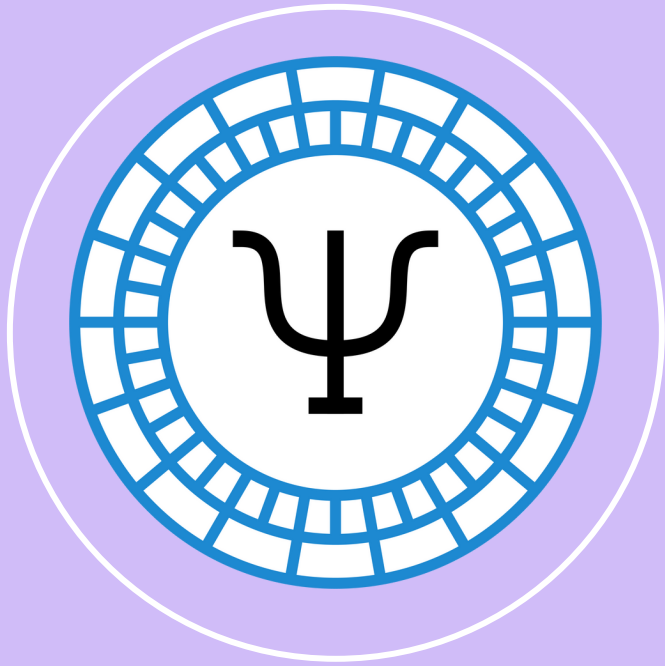


Questionnaires

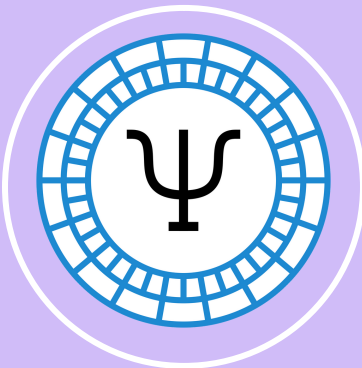


Observation





Why PSYCH-CHEK?

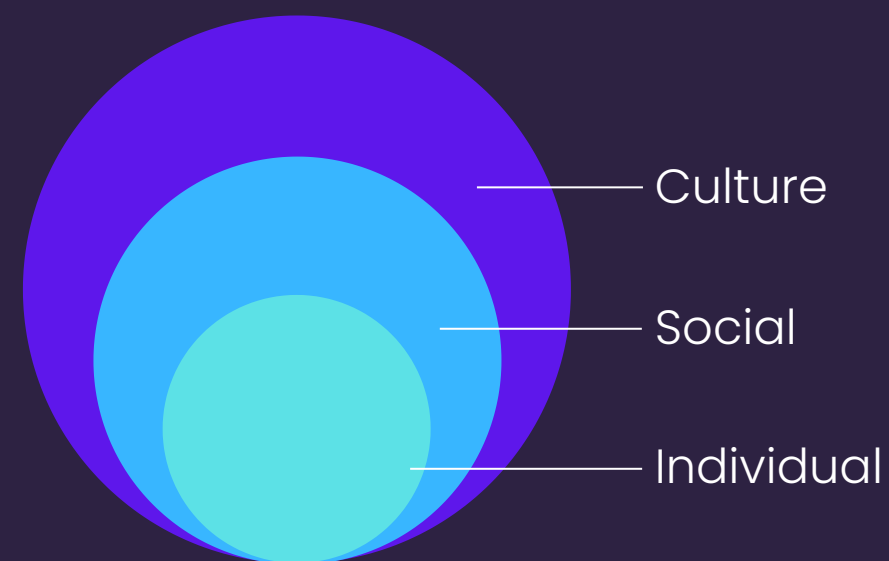


Philosophy



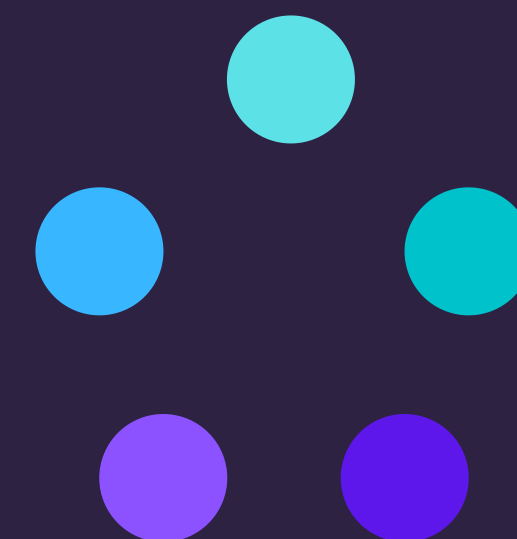
Goal

Elite competitors understand that success isn't solely results based, but occurs when they pay attention to the process and steps required for progress. PSYCH-CHEK's goal has always been to assist people in optimising themselves, whether on or off the pitch.



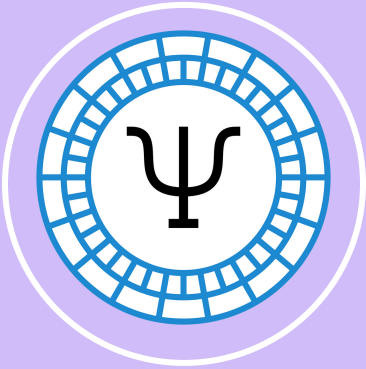
Multi-Layered

Performers do not exist in a vacuum. Environmental factors will have a profound effect on success. PSYCH-CHEK seeks to create mastery-climates where the environment focuses on growth, support, asking for help and learning through mistakes. Members around the performer should be educated on how they play a role in the player's development and competitive success.



5 Needs

There are 5 needs that lead to optimal performance when addressed successfully: *Physical Activity, Mental Health, Competitive Mentality, Nutrition and Physical Health*. PSYCH-CHEK recognises that supporting these needs are paramount in gaining an extra edge over opponents.



Results



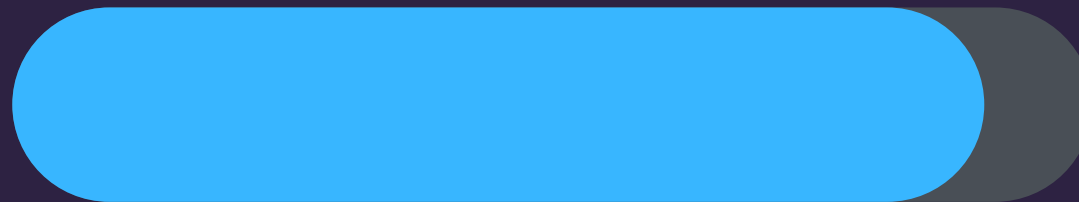
Prize Money:
\$2,090,136.00



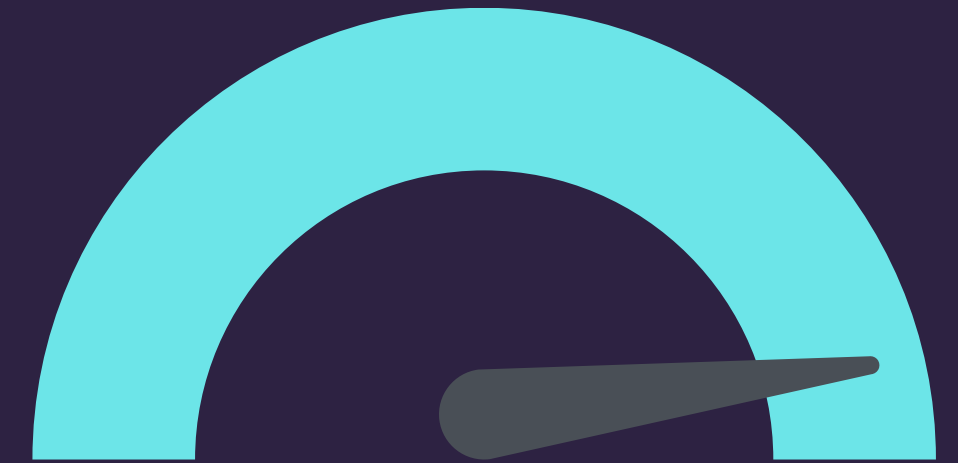
Trophies:
x18



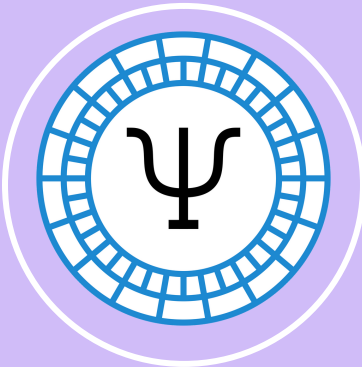
95% of clients reported PSYCH-CHEK as useful to very useful



90% of clients rated PSYCH-CHEK as highly knowledgeable, providing clear & concrete strategies and building their strengths

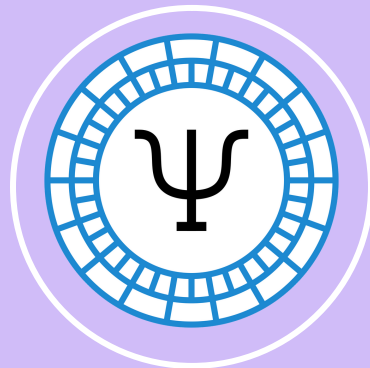


93% of clients rated PSYCH-CHEK as extremely trustworthy and relatable



Previous Clients





Contact



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www.psych-chek.co.uk



[@psych_chek](https://www.instagram.com/psych_chek)