



YOUR OWN PERSONAL BEST

As coaches , we meticulously plan our athlete's performance and development leaving nothing to chance. Yet often we pay little attention to our own performance and professional development. Without a clear career development pathway and plan it is unlikely whether we will ever truly maximise our own performance. This workshop provides coaches, athletes and business people with all of the tools required to clearly identify their life goals and to chart a development pathway and clear action towards these goals.