MENTORSHIP

- This package is aimed at those who wish to start to dive into breaking patterns of psychological beliefs and learn to manage their physiological state to reduce stress and anxiety.
- Map out your future vision and create goals for you to achieve that
- Plus educational content on depth psychology and self-awareness with reflective practices
- Deep dives, honest conversations and to learn to live your truth

PERFORMANCE
THROUGH HEALTH
By Martin McPhilimey

PERFORMANCE

- This package includes all from the other packages but is more of a long term mentorship
- Aimed at those who wish to learn the Performance through Health method
- A complete BioPsychoSocial model to high performance with a healthy and sustainable mindset including Physical Health, Mindset, Community, Leadership, Vision & Purpose
- Physical transformation for energy, focus, productivity and sustainability
- Six-Step SABRES Method (Sleep, Arousal State, Breathing, Rest, Effort, Self Esteem)

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Coaching Pricing Guide

CHOOSE YOUR PACKAGE

BASIC
(5 Weeks)

- ✓ Stress & Anxiety Relief
- ✓ Breathing Retraining
- ✓ Standardised Program
- ✓ 5 x 15 min calls
- ✓ Breath Calculator

EMPOWERMENT
(8 Weeks)

- ✓ Basic +
- ✓ Empowering education
- ✓ 8 x 30 min calls
- ✓ Personalised Programs
- ✓ Progress & Monitoring
- ✓ Guided Videos
- ✓ Email Support

MENTORSHIP
(12 Weeks)

- ✓ Empowerment +
- ✓ 12 x 60 min calls
- ✓ Mentorship
- ✓ Psychological Focus
- ✓ Vision / Goal Setting
- ✓ Weekly Actions
- ✓ Educational Content

PERFORMANCE
(6 months)

- ✓ Empowerment +
- ✓ BioPsychoSocial development.
- ✓ SABRES Method
- ✓ 12 x 60 weekly calls
- ✓ 6 x BiWeekly Follow up
- ✓ 4 x Emergency Calls

PERFORMANCE THROUGH HEALTH
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