Play the 2018 PyeongChang
High Performance Game with us!

At Performance Coaching, we're as excited by a medal as anyone. And we've had the honour of supporting more than 70 Olympic athletes and coaches who've achieved one. But what gets us most excited is seeing athletes and coaches perform at their best when the pressure is highest. When we watch the PyeongChang Games, we'll be looking for the ways that both physical and mental preparation affect performance.

To see the Games through our eyes, look for an example of the performance influencers described in the game card. Record the athlete or event, and any details or insights you notice. You may see them in competition, or hear about them in interviews with athletes and coaches before or after competition.

Join us at our breakfast event where we'll debrief our take on the best (and worst!) performances at the Games, and share insights on how you can use the tools athletes and coaches use to perform under pressure in your own roles.

Bring your game card along to the breakfast event and drop it into our raffle jar for a chance to win an emwave2 biofeedback device!

GREAT COACHING	AMAZING RESILIENCE	SCIENCE AND INNOVATION
A coach painting a vivid picture of what's possible for their athlete. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An athlete using breathing techniques to manage their energy level. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An athlete using technology to aid in recovery between events. ATHLETE OR EVENT: DETAILS/INSIGHTS:
A coach recognizing and reinforcing progress toward the ultimate end goal. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An athlete actively managing distractions to stay focused. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An athlete or coach using data to adjust their strategy or performance during the Games. ATHLETE OR EVENT: DETAILS/INSIGHTS:
A strong coach/athlete relationship built on obvious mutual trust and belief. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An athlete maintaining an optimistic perspective by reframing a set-back. ATHLETE OR EVENT: DETAILS/INSIGHTS:	An innovation in sporting equipment or apparel that enhances performance. ATHLETE OR EVENT: DETAILS/INSIGHTS:

Name ....

Email ....