

PLAYERS WILL LEARN HOW TO:

1. Transform Pre-Event Nerves:

Turn anxiety into focused, powerful energy for peak performance.

2. Cultivate Resilience & Emotional Regulation:

Master techniques to stay calm and composed under pressure.

3. Boost Confidence:

Develop unwavering self-belief and overcome self-doubt.

4. Conquer Negative Self-Talk:

Shift your inner dialogue to be positive, empowering, and constructive.

5. Embrace a Growth Mindset:

Approach challenges with a flexible, resilient outlook and a focus on growth.

6. Stay Regulated in Crucial Moments:

Learn to maintain emotional and mental balance during high-pressure situations.

7. Mentally Re-Set:

Discover techniques to reset your mindset and regain focus quickly

8. Leverage Neuroscience for Optimal Performance:

Apply principles of neuroscience to enhance your performance.

PERFORMANCE

WINNING



ABOUT COACH MORRISH

"My belief is that when a performer is within their optimal mindset, anything is achievable."

Coach Morrish – Mental Performance Coach

Coach Morrish understands the pressures that comes with high-level performance. She began martial arts at the age of eleven, quickly discovering her passion for competition and setting her sights on representing Great Britain. Over a career spanning thirty years, she represented Team GB, winning British, European, and National titles. Yet, despite competing in three world championships, she did not perform to her full potential, ultimately retiring without achieving the elusive world title.

In 2018, Coach Morrish had the chance to represent Team GB once again. This time, with the benefit of her own comprehensive mental preparation, she won two world titles. Her vision is to share her experiences and insights with her clients, helping them to achieve their optimal levels of performance.

Coach Morrish works with both individuals and teams to ensure optimal mindsets for all. She has taken the role as the Mental Coach for professional and elite performers both nationally and internationally.



APPROACH TO MINDSET

Coach Morrish integrates mindset coaching, Neuro-Linguistic Programming (NLP) techniques, and neuroscience to empower her clients to reach their goals and create lasting change. This blend of approaches offers clients effective tools and strategies to overcome challenges, enhance their mindset, and achieve personal growth and success. Coach Morrish equips her clients with a deeper understanding of how the brain functions and how to create change on a neurological level.



QUALIFICATIONS

- Bachelor of Science (Hons) in Sports Science and Psychology
- Certified Personal Performance Coach
- Certified Mind Zone Coach
- Master NLP Sports Mindset Performance Coach
- Certified Sports Hypnotherapist
- Certified Life Coach
- Applied Neuroscience & Brain Change Specialist
- Trauma-Informed Coach
- Published Author

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Coach Morrish
MENTAL PERFORMANCE COACH