

# PERFORMANCE

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# WINNING

# WARRIOR WITHIN

CLIENT REGISTRATION PACK

MINDSET and PERFORMANCE COACHING



## OUR ETHOS: PERFORMANCE OVER WINNING

### Shifting your focus to optimal performance

Every athlete and performer dreams of victory and winning is undeniably important. Yet, if winning is always the primary focus, are you truly unlocking your full potential?

Imagine if you concentrated on cultivating a mindset that enhances your performance rather than fixating on the outcome.

Shifting to a performance-oriented approach keeps you grounded in the present, anchored in your abilities, and primed with the optimal mindset for your peak performance.



## OUR BELIEF: THE MIND BODY CONNECTION

### Regulating internal states for optimal performance



The mind-body connection is pivotal in achieving high-level performance. When the mind is focused and engaged, it can positively impact the body's physical abilities, enhancing coordination, endurance, and resilience. The synergy between a well-trained mind and a well-conditioned body is a key factor in reaching optimal levels for performance.

Utilising Coach Morrish's Managing State Model, you will learn how to regulate your own nervous system and reach peak performance by understanding the mind-body connection. This model provides essential tools for managing anxiety, enhancing focus, processing language and optimising your abilities to achieve your peak performance.

## OUR APPROACH TO MINDSET COACHING

### We train the brain like it's a muscle

Coach Morrish's unique approach combines mindset and mind zone coaching with advanced Neuro-Linguistic Programming (NLP) techniques, supported by neuroscience. This blended approach, provides you with a comprehensive understanding of how best to lever your brain to your advantage. This will guide you in neurological changes and therefore enabling you to perform at your very best and create lasting positive mental transformations.



## OUR EXPERTISE: PERFORMANCE ANXIETY

### Eliminating anxiety for optimal performance

Have you ever experienced intense fear, worry or nervousness before or during an activity or event? Maybe you over think and become emersed in negative self-talk? In more severe cases, performance anxiety can diminish self-confidence and hinder personal or professional growth.

Coach Morrish specialises in teaching practical techniques to not only manage but also eliminate performance anxiety, empowering you to perform at your very best without fear.



## YOUR MENTAL PERFORMANCE COACH

Coach Morrish understands the pressures that come 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.

After much reflection, she realised that her mental preparation was not as strong as her physical training. She looked for support to strengthen this aspect but found that mental coaching resources for elite athletes were extremely limited. Determined that no athlete should face competition without mental readiness, she founded Warrior Within – Mental Performance Coaching.

In 2018, Coach Morrish had the chance to represent Team GB once again. This time, with the benefit of 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.



# Bookings

**Booking your mindset coaching sessions are quick and easy using the following steps:**

**Step 1.** visit [www.warriorwithin.co.uk](http://www.warriorwithin.co.uk) and complete our contact now form.

**Step 2.** Email : Coach Morrish  
[mindsetcoachmorrish@gmail.com](mailto:mindsetcoachmorrish@gmail.com)

**Step 3.** Mobile: Call or text Coach Morrish  
on **07528190627**

We aim to respond within 24 hours of receipt of contact Mon–Fri 08:00:00. Contact made on weekends or bank holidays will receive a response the next working day.

- All coaching sessions are subject to availability.
- The venue, time, and type of coaching will be agreed with Coach Morrish at the time of booking.
- Once your booking is confirmed any changes need to be requested as per the 'Rescheduling' section.
- Bookings are only provisional until payment is received (see Payment section for details). If payment is not received with 48 hours the booking will be cancelled.

## PAYMENT



**An invoice for the sessions will be raised and email to you via Warrior Within**

# Rescheduling

**Full details can be found in the T's & C's. The key points are highlighted below:**

- If you need to reschedule your appointment, please provide at least 48 hours' notice from the appointment booking time.
- If you fail to provide a 48 hours' notice, Warrior Within is not obligated to reschedule your session and your session will be forfeited.

## Coaching Code of Conduct

The Code of Conduct sets the standards and expected behaviours of the coaching relationship. It ensures that clear expectations exist between Coach and Client for the coaching to be as effective as possible.

1. The Coach is responsible for providing the Client with the opportunity to explore and discover ways to overcome mental barriers and reach goals set by the Client.
2. The Client is solely responsible for the choices they make and fully accountable for their actions following the coaching they receive.
3. The Client understands that they may be given work to do between coaching session and that their coaching progress may be limited if this work is not carried out.
4. The Coach is responsible for making the Client aware if they feel that coaching is not suitable for them, or that the challenges they are facing exceed the abilities of the Coach.
5. The Coach is responsible for maintaining the confidentiality of any information shared with them by the Client.
6. The Coach may break this confidentiality if they think the Client is a danger to themselves or others, to inform the appropriate authorities.
7. The Coach will obtain prior permission from the Client to use them as a reference in any marketing or promotional material.



## Coaching Terms & Conditions

### Please read the following terms and conditions carefully before registering for coaching services

#### 1. Acceptance of terms and conditions

By completing the Coaching Client Registration form, you are agreeing to the terms and conditions set out below ("Terms") and they will become the contract between us ("Contract"). You will ensure that you shall always abide by these Terms. The Contract is formed when we send you a registration confirmation.

#### 2. Limitations of Liability

The coaching is not psychological counselling, or any type of therapy carried out by medical professionals and should not be construed as such. The coaching is intended to support you in setting and achieving goals that will help to bring about your desired outcomes. You have sole responsibility for any decisions you may make following the coaching. Warrior Within accepts no liability for your actions. Warrior Within has no liability for any loss incurred by you, whether financial or otherwise, following commencement of the coaching, or for any perceived failure by you, whether justified or otherwise, to achieve your desired outcomes or goals.

#### 3. Payment

Full payment is required at time of booking and must be made in UK pound sterling via the payment methods listed on the registration form. When payment has been received you will receive a booking confirmation. If payment is not received within 48 hours of your booking, we reserve the right to cancel your booking.

#### 4. Coaching Period

Any purchased coaching sessions must be used within six months of purchase, unless otherwise stated. Any remaining session at the end of this time will be forfeited. In exceptional circumstances the time period may be extended at the discretion of Warrior Within.

#### 5. Session Procedures

Session dates, times, and type (in person or via Zoom) will be mutually agreed via email or text message at least 48 hours prior to each session.

You should aim to arrive 5 minutes ahead of your session time. If you are running late, you must contact us as soon as possible. We will endeavour to provide a full session subject to availability. No refund will be offered if your session is shortened due to your late arrival.

If we are unavoidably delayed, we will let you know as soon as possible via the contact details stated on the registration form. In such circumstances we will offer you the choice of either delaying the start time or rescheduling the session for a mutually agreed date and time.

#### 6. Rescheduling

If you need to reschedule your session you must notify us in writing or via email providing at least 48 hours' notice prior to the agreed session start time. If you fail to provide 48 hours' notice Warrior Within is not obligated to reschedule your session and your session will be forfeited.

There may be circumstances in which we need to reschedule your session. In such circumstances, we will notify you as soon as possible and use reasonable endeavours to provide a mutually satisfactory alternative appointment. We shall not be liable under any circumstances for any consequential losses because of us rescheduling your session.

#### 7. Coaching Period

Any purchased coaching sessions must be used within six months of purchase, unless otherwise stated. Any remaining sessions at the end of this time period will be forfeited. In exceptional circumstances the time period may be extended at the discretion of Warrior Within.

#### 8. Cancellation

If you wish to cancel your session you must notify us in writing (text) or via email providing at least 48 hours' notice from the agreed session start time.

#### 9. Refund

Paid session fees will not be refunded unless sessions were stopped due to specific circumstances.

#### 10. Coaching Exercise

Your coaching may include exercises to be completed between sessions. You have no obligation to complete these exercises, but failure to do so may slow your progress in gaining your desired outcomes. Where possible, you are requested to email any information requested by Warrior Within relating to the exercises at least 24 hours before the session when they are to be discussed. Warrior Within will provide feedback on completed exercises during sessions.

#### 11. Contact between Sessions

You may contact Warrior Within by phone or email between sessions, however this is dependent on your pre-paid coaching package.

#### 12. Travel & Accommodation

You shall be solely responsible for making and paying for your own travel and accommodation arrangements to and from the sessions. If you are late to the sessions or prevented from attending the session due to travel delays or any other circumstances, we shall not be obliged to provide you with a refund.

#### 13. Special requirements

You agree to make us aware of any relevant history of medical treatment, therapy or coaching. If you have any disability or medical condition that requires us to make special arrangements for you, please indicate this on the registration form or contact us at least seven days prior to your first coaching session.

#### 14. Copyright

Any materials provided to you by us in relation to the coaching are owned by Warrior Within. No content in whole or in part of the materials may be copied, reproduced, uploaded, posted, displayed, linked to or used in any other way without prior written consent from us. Any such use is strictly prohibited and will constitute an infringement of the copyright and other intellectual property rights of Warrior Within.

#### 15. Confidentiality

Personal information or business information supplied to Warrior Within by you during the sessions will be treated as confidential.

Warrior Within will not share your personal data with any third parties, for any reason, without your prior consent, save where required by law. Such data will only be collected, processed and held in accordance with the provisions and principles of GDPR.

#### 16. Complaints

We always aim to operate to the highest standards. However, if you are not entirely satisfied with any element of the services, we offer then please contact us as soon as possible to discuss any concerns. We will aim to quickly and efficiently deal with any issues.


#### 17. Governing law


These terms and conditions shall be governed by and construed in accordance with the laws of England and you irrevocably submit to the jurisdiction of the courts of England.


# PERFORMANCE WINNING


Coach Morrish  
MENTAL PERFORMANCE COACH

## Contact Details:

07528190627 

@coachmorrish 

mindsetcoachmorrish@gmail.com 

Warrior Within - Mental Performance Coach 

The Mindset Coach 



## 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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