

## **A Masterclass in Applied Sport Psychology, Weds 15<sup>th</sup> July 2015**

### **‘Being creative in your practice: Using storytelling with athletes’ (n=15)**

Booking & Registration: 4.7 (on scale 1 = Poor, to 5 = Excellent)

Room & Facilities: 4.7; Food served: 4.3; Location: 4.3; Quality of content & Structure of day: 4.8

Thoroughly enjoyable day learning from an expert yet humble practitioner, who gauged the learning process of the group and facilitated and encouraged as required. Thank you.

The examples of storytelling were exemplary including the guidance of how to construct meaningful stories and how to deliver them.

The structure of the session was well suited to the goals I have wished to achieve before the session which were to understand how to make an impact using story telling and improve my delivery.

An excellent insight into how to structure and tell the most meaningful/impactful stories.

Very enjoyable and believe now I can be more creative within my practice –using stories.

The day was insightful and engaging throughout. I feel Brian (as a SP and on a personal level) is fantastic. Today has helped my professional and personal practice/philosophy and happiness.

Brian is an absolute legend in sport psychology terms and has all the qualities you want when it comes to workshops and learning.

Expertly delivered from a base of first-class preparation and organisation. Great involvement of the audience.

Must for future sport psych. Teaches a lot of practicable and applicable content.

Brian’s way of delivering this workshop was different from others I have attended. It got participants to think about ‘how’ we do sport psych, and not simply about ‘what we do’. This was a really worthwhile experience.

Rare to find a workshop that is so experimental. I have really enjoyed today, thank you. Looking forward to putting ‘storytelling’ into practice.

I enjoyed hearing/learning about novel ‘non-textbook’ tools. Meeting and learning from other practitioners and gaining feedback in a safe and friendly environment.

Tangible tips that I can take away: Really good structure to the day and a very relaxed and welcoming environment. Brilliant interaction and opportunity to practice story-telling, gain feedback and further opportunity to practice. I have learnt a lot from today, which I feel excited to take away, reflect on and develop – it has been very insightful. Often I find workshops can drag, or you struggle to stay awake after lunch but today went so fast, I felt fully engaged and alert all the time and didn’t want the day to end!

A truly memorable and worthwhile workshop. I learned how to refine my storytelling in practice and how impactful it can be.

The day went by really fast which showed how enjoyable and beneficial it was. Great pace of workshop. Never felt rushed but lots to focus on.

Really enjoyed the day and has really given me an understanding of the power of storytelling in both individual, group and professional work. Found the specific examples so engaging and left me eager to use own/different examples in my own work.