

A Masterclass in Applied Sport Psychology, Weds 18th November 2015

‘Conducting Telephone Consultancy with Athletes’ (n=13)

(on scale 1 = Poor, to 5 = Excellent)

Booking & Registration: 4.8 Room & Facilities: 4.8
Food Served: 4.5 Location: 4.4
Quality of Content & Structure of day: 4.6

‘Nice masterclass. It flowed well and kept very much on topic. Voice control and breathing was especially enlightening, as was the input on presentations’

‘Feel the practical activities helped to enhance my learning’

‘Feel all presenters were knowledgeable and insightful in their presentations and the content which was delivered will be implemented into my practice. I now feel more confident engaging with athletes using telephone and skype’

‘I really enjoyed the day. Very practical in the fundamentals of telephone conversations and helped put a strong framework around how I should proceed. Excellent tidbits and nuggets of sport psychology advice thrown in for free as well’

‘Delivery and content was excellent throughout. A great session for any stage 2 sport and exercise psychologist looking to further their skills’

‘An excellent day with lots of practical advice and tasks that I can apply immediately in my coaching practice. And very relevant for what I do day to day’

‘Thanks for a fantastic day. It went fast – a great sign of my engagement. A really interesting talk from Peggy coming from a different training background, but with lots of relevant experience. I enjoyed Jon’s session and insights, and great “sandwiching” beginning and bringing it all back together. Practical and highly applicable as always, “gold dust” insight from the field’

‘A very interactive and supportive environment – possible to get out of your comfort zone!’

‘I really enjoyed meeting a variety of people in the field. Voice exercises were fun and engaging. I appreciated the supportive and open nature of the group’

‘The masterclasses help bridge that theory to practice gap by using experienced practitioners; engaging activities and collective learning’

‘A really useful and insightful masterclass, great opportunities to meet others doing same stage 2 process as me’

‘Illustrates that telephone consultancy can be just as effective as face to face sessions with the right skills’

‘Great as always! Very engaging; practical points, learned a lot’