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[MY ENERGY GAME](#)



Welcome back to YOUR energy game update

My Energy Game would like to wish you and your close ones a very
happy new year!

We hope that you find yourself healthy and ready to raise your energy
once again for 2022!

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and favourite events from the past year

PROCHANCE WORKSHOPS



Our friends over at ProChance are well underway with their history making season as their young side take on the Leicestershire Senior League

We announced our partnership with ProChance football earlier in the year, a new and exciting project helping young footballers with an opportunity to enter the professional game

As part of this partnership, My Energy Game have delivered workshops to assist the players and will continue to do so in 2022!

if you were to be an animal...
what would it be...
why that animal?

Self-Concept

Who are you on the pitch?

Who are you off the pitch?

Step into the NOW

- Focus on the present
- Bring things that are certain back into focus
- Talk to people you trust

Kobe's creativity principles

Show up, do the work, day after day and get it done

Each session we have covered focus on developing the players

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Allowing the players the opportunity to verbalise and visualise aspects of their life and experiences helps to benefit them on and off the pitch

We help the players by teaching them tools they can use in their day to day life to help elevate their game

Topics such as 'personality', 'dealing with failures', 'growth mindset' to name a few are areas we have covered with the players so far

We are excited to continue this partnership into 2022 and wish the boys at ProChance all the best for the rest of the season

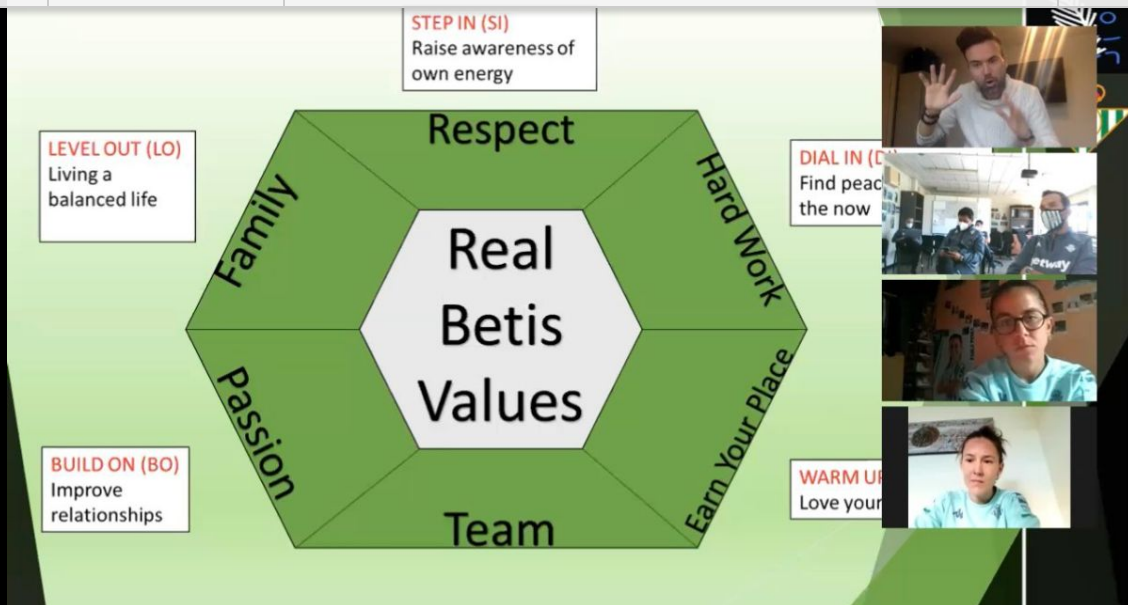
If this is a service you would be interested for your players in 2022, please contact us at:

Info@myenergygame.net

[REAL BETIS FEMINAS WEBINAR](#)



A highlight from 2021 was the webinar with Real Betis Féminas!

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A special thanks to head coach Juan Amoros for setting up this event with My Energy Game and Real Betis F  minas

In this webinar, we worked with the team's values and beliefs to construct a method to assist their performance on the pitch while also working towards improving the team cohesion by improving the understanding between the players

[PODCAST UPDATE](#)

A big thank you to all our new and reoccurring guests on our podcasts!
We cant wait to deliver you all new content in 2022

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MY ENERGY GAME PRESENTS

EAT TO WIN

With Kate Shilland
(Performance Nutritionist at Crystal Palace FC)
@kateshilland



UP'S & DOWN'S IN FOOTBALL

with special Guest
Julian Speroni

S2 EP 12

MY ENERGY GAME
PRESENTS

Winning Dressing Room Culture

With Will Frazer

Former Saracens Rugby Player and
founder of 'One Hundred and First'

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[CHECK THEM OUT!](#)

We've had a whole range of guests on our podcasts in 2021, but we've picked out a few in case you've missed them!

Our most recent podcast: **'Eat to Win'** featured **Kate Shilland**, the performance nutritionist at Crystal Palace FC. In this episode, Kate spoke about the importance of fueling yourself with the right foods so that you can be both physically and mentally ready to perform,

We welcomed Crystal Palace legend, **Julian Speroni** who shared some insights into professional football with gems of advice for young footballers and managers in the episode **'Up's & Down's in Football'**.

Former Saracens Rugby player and founder of 100 and First, **Will Fraser** spoke about the importance of **'Winning the Dressing Room'** and how key pillars are required for a necessary culture change and building the trust within those relationships.

Jen Coady, Head of performance and well-being at West Ham United Women delved into **'Performance through well-being'**. Topics such as the importance of well-being for athletes and the importance of building a team of relationships is key in having effective performances.

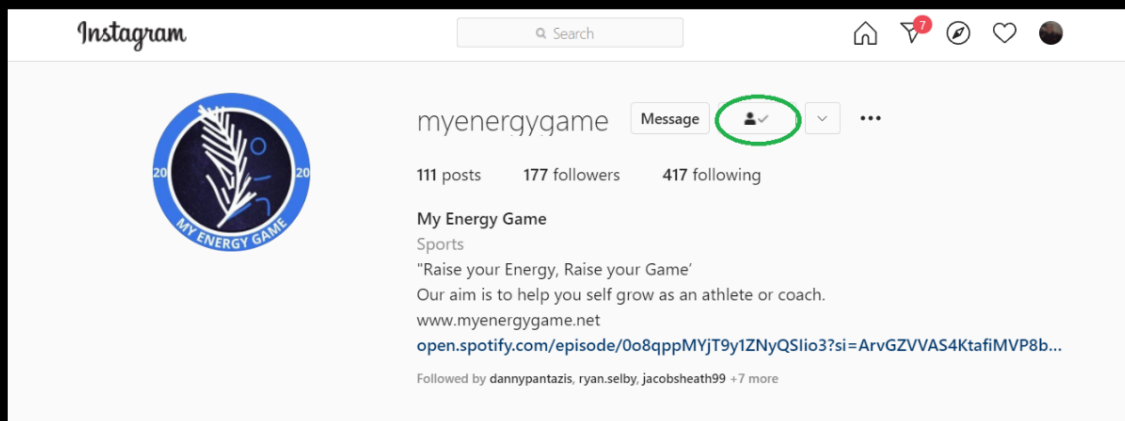
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Andy Hooton, Head of Sport & Exercise Science at the University of Derby focused on how coaches can get the best out of their players in the episode **'What is Effective Coaching?'**. Coaches can reflect like the players and seek self-development by becoming more knowledgeable and using this knowledge to build stronger and unique relationships with their players.

Click here to [listen on our Website](#)
OR [here on Spotify](#).

Point of Interest

Follow us on instagram for all our latest content!



Make sure you follow us on Instagram

We post content regularly on interesting topics, as well as tips and tricks on how you can make adjustments to elevate your game to the next level!

All of us from My Energy Game would like to thank you for your continued support

We like to wish you all a happy and healthy new year and we can't wait to share our journey with you all throughout 2022!

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Just one last thing from us...
Raise your energy. Raise your game!

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Follow us on our socials to receive regular updates!
Feel free to ask any questions through [@MyEnergyGame1](#) on Twitter
and [@myenergygame](#) on Instagram

Email us at:

Info@myenergygame.net



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