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## [MY ENERGY GAME](#)



**Welcome back to YOUR energy game update**

Our latest update from us at My Energy Game is in dedication to the strong bonds we have built over the past year

We bring you the latest news in our growing partnership with the University of Derby and a sneak peek into our future project!

# ProChance

## 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 delivered our second workshop to the players of ProChance football in October

In this reflective session, we introduced the concept of dealing with success and processing disappointment

**Step into the NOW**

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

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# Strategize your day

## ▶ Time for your self

- balanced approach of loving yourself and others
- having someone you trust to help your development

## ▶ Time for achieving

- Set goals around the activities in your lives
- Keep a diary of your goals and achievements



The aim of this session was to introduce techniques and different approaches to the players so that they can be proactive in processing success and failure

Tools such as the 'Switch' technique and 'strategizing your day' offer the players an opportunity to change their perspective of situations so that they can channel their energy into a focused and improved performance

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

[Info@myenergygame.net](mailto:Info@myenergygame.net)

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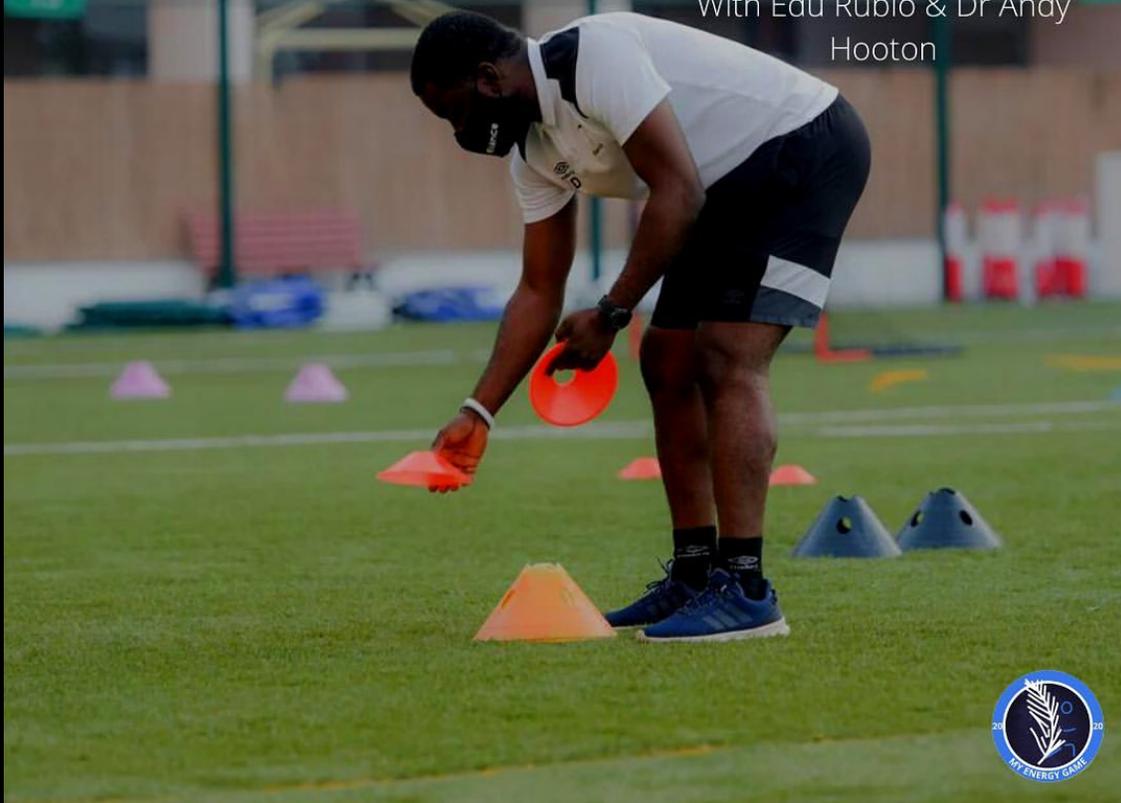
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# WHAT IS EFFECTIVE COACHING?

With Edu Rubio & Dr Andy Hooton



**New guest!**

Continuing the theme of strong partnerships:

Edu was joined by a good friend in Dr Andy Hooton: Head of Sport & Exercise Science at [@derbyuni](https://twitter.com/derbyuni) and both posed to answer the question

**'What is effective coaching?'**

**OUT NOW!**

Separating good coaching from the great

[Subscribe](#)[Past Issues](#)[What is effective coaching](#)[Translate ▼](#)

Edu and Andy's personal experiences of coaching and working with coaches at various levels leads to a detailed insight into how coaches can get the best out of their players

Different athletes require different styles of coaching

Andy makes the point of combining your own knowledge and creating healthy relationships with your players will universally improve the effectiveness of your coaching

Creating that bond and understanding between your players will create a structure where you can assist their developmental needs, while also providing freedom for the players to have a greater role in their own progression

Check out this episode to see how you can learn from the experts on how you can take your coaching game to the next level!

You can find out more here

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

OR [here on Spotify](#)

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My Energy Game

Sports

"Raise your Energy, Raise your Game"

Our aim is to help you self grow as an athlete or coach.

www.myenergygame.net

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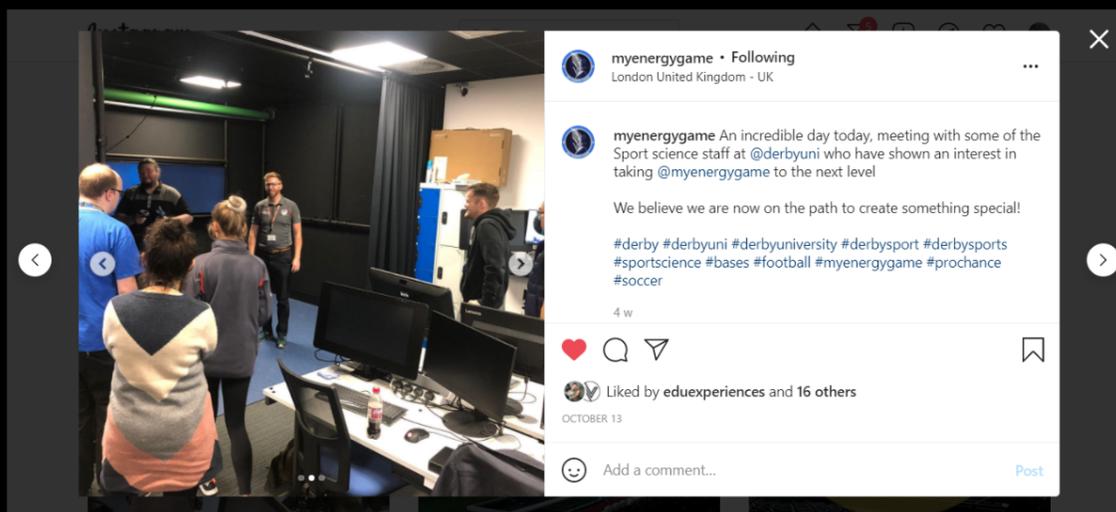
We post content regularly on interesting topics, as well as tips and tricks on how you can make adjustments to elevate your game to the next level

This weeks content is all on 'Motivation'

Head on over to see how you can assist your own motivation to raise your game!

See how you can raise your own game!

[Click here to see it for yourself!](#)



We also posted a sneak peek into our future project with the University of Derby involving virtual reality!

More information will be revealed in the near future

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

continued support

We are very grateful to have had worked with people who share our passion and this newsletter is a testament to the strong bonds we have built

We will see you in December for our latest update

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

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](mailto:Info@myenergygame.net)



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