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## [MY ENERGY GAME](#)



Welcome back to YOUR energy game update

Exciting times as we are delighted to reveal our new logo!  
While our identity may have refreshed, our goal remains the  
same...

To help players and coaches work on their inner self

The March update will provide information on our latest work and  
news

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## [POINT OF INTEREST](#)

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The banner features a photograph of three men: Guillem Balague, Edu Rubio, and Jan van Loon. Below the photo is a red banner with the text 'NEW EPISODE THE FUTURE OF FOOTBALL'. To the left is a small image of the 'PURE FOOTBALL PODCAST' cover. To the right are two buttons: 'Listen on Apple Podcasts' and 'LISTEN ON Spotify'.

Sports journalist Guillem Balague hosted our very own Edu Rubio and one of our experts, Jan van Loon, on his show 'Pure Football Podcast'

This episode focused on **'The Future of Football'**

Edu and co. reflect on the progression of the game, and how it has adapted and adjusted over the past decades. They also provide an interesting discussion into the direction that football is taking within the next ten years

Find out how you as a player, or coach can take ownership in the evolution of the game

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

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**[PODCAST UPDATE](#)**

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## Celebrating IWD 2021 Choose To Challenge



## DO PLAYERS WANT?



Two special episodes feature in our March edition of podcasts:

Edu is joined by one of our experts Raquel Rubio in 'Choose to Challenge'

Also, expert Steven Rollnick attempts to answer the question:  
'What do players want?'

### [IN CASE YOU MISSED IT!](#)

Ahead of International Women's Day Raquel and Edu discuss how we can challenge the current bias' we may face in sport

#### **'Choose to Challenge'**

Celebrating women's achievements, raising awareness and taking action for equality are goals we should strive towards

Raquel points out the importance of our 'inner critical voice' and its relevance for female athletes!

Find out more on topics such as the purpose of the 'inner critical voice', and 'stereotype threat'

Check it out [here on our Website](#)  
OR [here on Spotify](#).

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You can also see Raquel's inspiring work here at:

[art2behuman.com](http://art2behuman.com)

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## **OUT NOW!**

Our latest podcast features a familiar face in Stephen Rollnick

### **'What do players want?'**

Edu and Stephen attempt to solve the topical question, however, the answer is not as simple

Stephen and Edu cover the three needs that allow for development as athletes and as people: connection, autonomy and competence.

This is known as Self-determination theory

Listen to find out how you can support your own growth or the growth of others.

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

OR [here on Spotify](#).

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## **WEBINAR UPDATE**

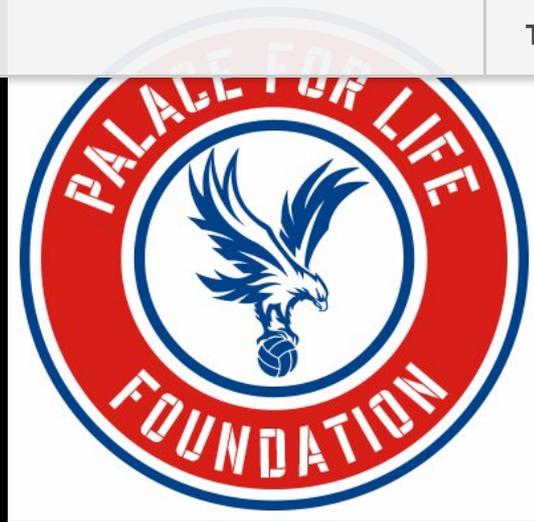
### **Marching on!**

We delivered a follow-up webinar with 'Palace for Life' coaches and staff. My Energy game also had the pleasure of delivering a webinar to 'Real Betis F  minas'

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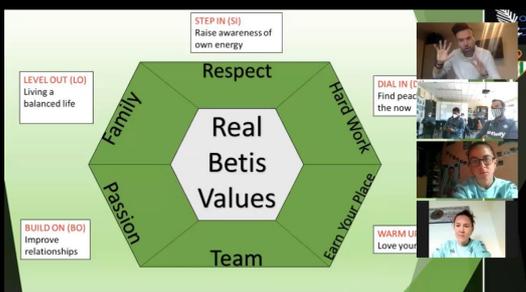
## Value & Energy Alignment

Our objective with Real Betis F eminas was to empower the players through the development of their values by utilising our pillars of methodology.

Techniques such as the 'Indaba' were used to create a healthy, safe space for the players to discuss any of their worries, and the opportunity to inquire how they can develop their own energy

Developing the energy to empower your performances is a process that begins with you. Identifying with your values helps you to understand who you are, and who you want to be

CHECKOUT SOME OF OUR WORK!



**ENERGY**

Por favor, cada una de vosotras... pensar en 1x cosa que os ofrece buenas ondas/vibraciones en el futbol, y 1x cosa que "mata" el buen rollo en el futbol, a vuestro modo de entender.

Juguemos con ello... quien se atreve?

**Familia**

Para lo bueno y para lo malo. Capitanas

Vive en el ahora

Cada piznelada en el lienzo refleja quienes somos como personas y todo ello crea arte... crea Familia

Se feliz en donde estas hoy

El vivir hoyito manteniendo diversos... idem mas halia de "jugadora"



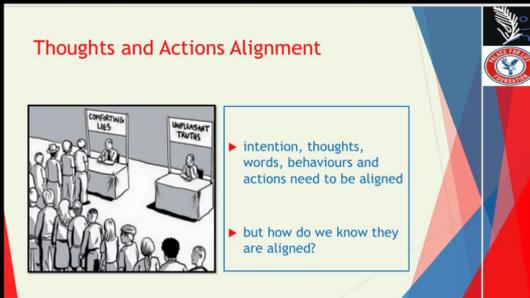
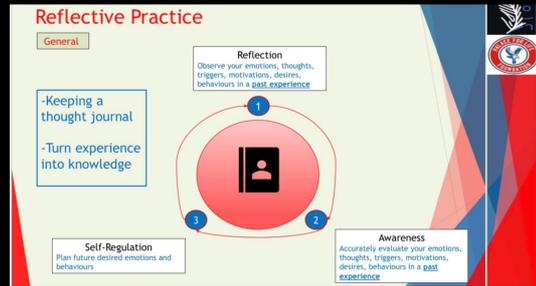
## Recharge For The Next Phase

Our aim for the Palace for Life members was to prepare them for their return to work after lockdown.

Through techniques and discussions, we were able to provide coaches with varied practical examples of how they can self-regulate their emotions while at work, and effectively use their time to recharge at home

Many of us will find ourselves anxious about the next phase of life after lockdown. Focusing on empowering ourselves will give us the resilience to be better prepared for the challenges ahead

### CHECKOUT SOME OF OUR WORK!



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

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

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 are we are even more humbled by the consistent support we receive from you all

We hope that you stay safe and try to find enjoyment as we find ourselves heading to the next phase of life in lockdown

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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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