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## [MY ENERGY GAME](#)



Welcome back to YOUR energy game update

With the easing of lockdown restrictions, we hope that you have had the chance to relax and enjoy yourselves!

The April update will provide information on our latest work and news from the past month

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[1 to 1 Athlete Programme Now Available](#)

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**We are delighted to announce that we are now offering our personalised 1 to 1 session to all athletes!**

Our initial, free consultancy begins with a meeting with the athlete to determine their objectives and how we can assist them in their development through our 6-point programme

1. "Look at your thought patterns & raise awareness"
2. "Time management"
3. "Work on your true self"
4. "Checking your energy"
5. "Making connections"
6. "Living in the now"

This flexible model allows athletes to design their own programme, whether you want to focus on one part of our methodology or even talk

[Subscribe](#)[Past Issues](#) own experiences on and off the field, it is your choice![Translate](#) ▼

This service is completely confidential between the expert and the athlete. Minors will be required to have permission from their guardian.

For more information or any enquiries about using this service, contact us at:

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

## PODCAST UPDATE



MY ENERGY GAME PRESENTS

### Voice and Maturity

EDU RUBIO IS JOINED BY MEGAN WYNNE & KYLLA SJOMAN

MEGAN AND KYLLA ARE CURRENT AND FORMER PROFESSIONAL FOOTBALLERS WITH KEY ROLES IN...

"Coaches Across Continents - Step up"

### A preview of our latest podcasts!

Edu sat down with Albert Riera in an exciting chat titled

'YOUR Journey'

**Out soon!**

Megan Wynne & Kylla Sjoman join Edu for an insightful talk about

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'Voice and Maturity'

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## IN CASE YOU MISSED IT!

Auckland City F.C player, **Albert Riera**, joins Edu to talk about his experiences in the footballing world

### 'YOUR Journey'

Within this chat are mentions of important stages of anyone's journey that we hope can resonate with you

In life we all experience change.  
What differs is how we all react to that change  
Do we embrace it? Do we let go of what we know?  
How do we balance what we love and having to work?

A part of that is the effort and sacrifices we make as individuals. It is up to you to make those decisions.

Take control of your own journey

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

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## OUT TODAY

**Kylla Sjoman** (retired professional footballer) and **Megan Wynne** (professional footballer for Bristol City) Join Edu to discuss the importance of ...

### 'Voice and Maturity'

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Kylla and Megan talk about the importance of empowering female athletes and women across the world

An important step of this is finding your voice and being heard so that others can find their voice.

Maturity involves thinking about the future and making the right decisions. Kylla and Megan talk about developing key skills for now and the future.

Check out '[Coaches Across Continents](#)' and their involvement in the '[Step Up](#)' project! A professional development program to set up female athletes to kickstart their post-sports career.

Invest in yourself now, and have a smoother transition for the future

This podcast is scheduled to release at 8pm UK time

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

OR [here on Spotify](#)

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## [PROCHANCE & MY ENERGY GAME LINKUP](#)



With the easing of restrictions, My Energy Game had the opportunity to assist our close partners '[ProChance football](#)' with their hybrid performance programme at St George's Park National Football Centre

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Our very own coach Edu Rubio was on deck to once again, assist in the training session and trial match for the U16s in the morning and U20s in the afternoon

It was also a fantastic experience for our interns to observe ProChance's approach firsthand!



My Energy Game was also on-hand to support ProChance football with their showcase match against Huddersfield Town F.C at the U16 level

Intern James Charles was delighted to have the opportunity to assist in the smooth running of the showcase event and gain insight into the mentality of academy level football

We look forward to working alongside ProChance once again!

Highlights of the match can be found on [ProChance's youtube channel](#), you can also check their good work [here](#)

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[CHECK IT OUT](#)

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Have you ever wondered how technology can help elevate your performance?

Our friends over at Rezzil, are renowned for the development of elite footballers through their platform.

Rezzil is used across the world and aims to build resilience in athletes when it is needed the most.


They offer a range of services that utilise cutting edge technology in football.

This includes:

- An analysis tool, virtual training and rehab via Rezzil Elite
- Cognitive drills to develop player characteristics via Rezzil Index
- Professional level virtual reality simulation drills via Rezzil Player

Head over to [Rezzil](#) for more information and see how you can improve your game!



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**“Rezzil’s approach to the future of cognitive development in football is cutting edge”.**

**Vincent Kompany**

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

Don't forget to...

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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