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MY ENERGY GAME



Welcome back to YOUR energy game update

We begin this May update with a massive thank you to
YOU

May 25th marks the one year anniversary of My Energy Game. In that time we've grown and learnt so much, however, none of that would be possible without you

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This is a thank you to all of you that have been supporting us from day one and a thank you to all the friends and partners we've made since the start of this journey

We are grateful for your support and we are eagerly looking forward to continuing this journey with you!

This update will include news on the latest podcasts and activities from the past month

[ProChance Programme](#)

As part of our partnership with [ProChance football](#), we are happy to reveal that we are currently designing a 42-week programme for the [ProChance Hybrid Performance programme](#)



A partnership providing 1to1, small group, unit specific and squads with webinars and workshops on mind and energy performance

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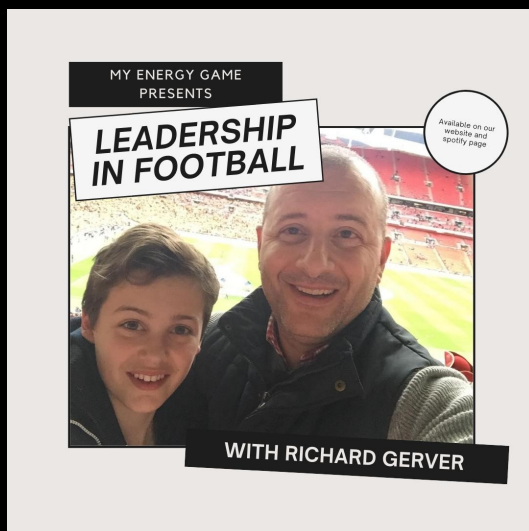
These sessions will consist of a range of topics designed to improve athletic performances and developing their mindset

With our philosophy, and the healthy partnership with ProChance, we aim to help these athletes develop their true-self energy as they embark on this exciting journey

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

Info@myenergygame.net

PODCAST UPDATE



Two special episodes feature in our May edition of podcasts:

Richard Gerver joins us again to talk about 'Leadership in football'

Former Saracens Rugby player and founder of 100 and First: Will Fraser on 'Winning Dressing Room Culture'

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Our latest podcast features a new guest in Will Fraser

'Winning Dressing Room Culture'

Will reflects on his experiences of being a former rugby pro and how having the right 'culture' can greatly influence a sporting environment

Edu and Will examine how a culture built upon relationships and trust can have a massive impact on performances on the pitch and assist in personal development off it

While we train our mind and bodies, we also need to train our culture

Listen now to hear Will's fascinating story of his journey and learn some tips to help you implement a positive change to your culture!

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

OR [here on Spotify](#).

IN CASE YOU MISSED IT!

In this discussion, Richard Gerver talks about the true meaning of leadership. Is it about passion? winning? dedication?

'Leadership in football'

How can we be our own leaders?

Richard and Edu discuss the impact of the news of the European Super League on our footballing communities

Why this news is an important reminder that we should strive to be the

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leader in our own lives and communities

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Listen now to hear from our own expert on leadership to gain an insight into developing your leadership qualities

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

OR [here on Spotify](#)

[Point of Interest](#)

Check out Will Fraser's amazing work with his company '[100 & First](#)'



Looking to improve your relationships with others?

100 & First aim to drive change using the power of incredible real-life experiences

These stories aim to inspire you to create and drive your own change, whether that is personally, organisation or culturally

Check out 100 & First to see how they can help you implement change within your culture!

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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 over the past year!

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



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