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MY ENERGY GAME



Welcome back to YOUR energy game update!

We at My Energy Game hope this update finds you well, and that you
kickstarted the year with good vibes!

With this February update, we'll provide insight into the progress of My
Energy Game

Our latest update brings news on new partnerships, two new
podcasts and our very first webinar!

PARTNERSHIP ANNOUNCEMENT

We are delighted to announce a new partnership with 'ProChance'

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

An innovative and inspiring partnership which encourages the athlete to find their true-self and achieve their best through a combination of opportunity and learning. A partnership which aims to enable, empower and encourage athletes to create their own journey; confidently deal with setbacks and cultivate a positive mindset to learn and understand how to boost their performance

We have also formed a new exciting partnership with 'STE'



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STE is a project that focuses on the development of an individuals talent through the use of unique experiences by embracing different cultures, methods and learning

STE share our aims to create talented individuals by developing their desire for self-improvement.

We're excited to be involved in such a great project and looking forward to doing good work

[Check them out here!](#)

PODCAST UPDATE



Two great episode feature in February's podcasts:

Edu dives in with renowned thinker Richard Gerver to 'Learn from Change'

and performance psychologist Claire Davidson about 'Thriving not Surviving'.

IN CASE YOU MISSED IT!

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Earlier this month Edu sat down and talked with one of our own experts: Richard Gerver

'Learn from Change'

Within this discussion is an uplifting and refreshing view of CHANGE for athletes and coaches

Change is inevitable. So why not take the initiative and lead your own change?

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

OUT NOW!

Our latest podcast features a new guest in Claire Davidson!

'Thriving not Surviving'

Claire has experience as a performance psychology lead for England Men's Development Teams and brings in her own experiences of speaking with athletes

Claire talks about the importance of maintaining energy levels and knowing yourself to be your BEST self

Give it a listen to see you can improve your own energy game!

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

POINT OF INTEREST

My Energy Game is open for business!

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We delivered our first webinar with 'Palace for Life' and the 'University of Roehampton' to their academy players and coaches

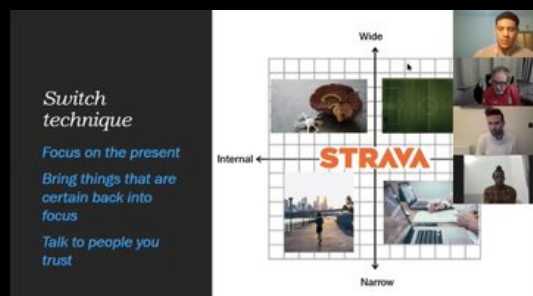
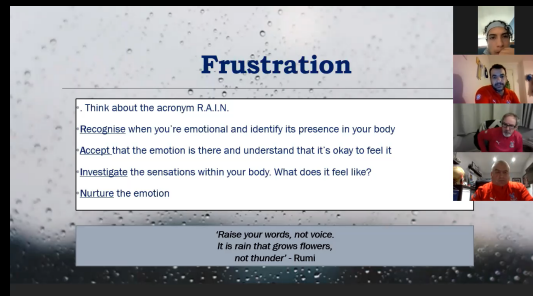


In this session, we explored the development of energy.

Through techniques and discussions, we were able to provide athletes with the necessary tools to generate and maintain their own energy

Not only does this provide benefits for training and performance, but also provides insight into how we can develop ourselves as individuals during difficult periods such as lockdown!

CHECKOUT SOME OF OUR WORK!



Positive feedback from players and coaches has only deepened our passion to keep working hard!

'Thank you to Edu and his team at My Energy Game for delivering and creating a professional workshop to our players at Roehampton University, with a new approach to the modern game. This was a great

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- Stuart Jacob, Senior Football development coordinator

We have already planned to deliver more, great content like this for March

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

Info@myenergygame.net

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

We hope that our positive start to the year can continue on strong and that you may find some inspiration to power on in your own lives

In the meantime, keep motivated, be persistent
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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