

TALK PACKAGE
ONLY
Tickets available until 27 July.
Six talks for £100
From 28 July, individual tickets will be
available at £20 per talk.



King's College
TAUNTON

GIVING YOURSELF THE EDGE

ASPIRE – DEVELOP – THRIVE

6 talks from **leading sports professionals** designed to help young sports performers (ages 11 to 19) to be the very best they can be. Coaches and parents also welcome.



Dr Áine MacNamara

MONDAY 17 SEPTEMBER 2018 – 7.00pm-8.30pm



@AineGreyMatters

About the talk: Áine will work with the young athletes to explore the 'rocky road to success' and the skills they need to realise their potential, maximise the opportunities, and overcome the challenges.

Dr Áine MacNamara is a Reader in Elite Performance in the Institute of Coaching and Performance at the University of Central Lancashire. Áine's background is in physical education and coaching and she has worked with young people in a range of sporting environments as an educator, coach and sports psychology consultant.

Kate Richardson-Walsh OBE

FRIDAY 5 OCTOBER 2018 – 7.00pm-8.30pm



@katewalsh11

About the talk: Kate will be talking about maintaining peak performance and high performance under pressure.

Kate Richardson-Walsh is the most capped female hockey player in her country's history, and was captain of GB and England women's hockey teams for 13 years. An inspirational and charismatic leader, she has been widely credited for helping build the incredible team ethos and commitment that drove the GB team to a nail biting victory against Holland in the Rio 2016 Olympic hockey final.



Prof Damian Hughes

FRIDAY 18 JANUARY 2019 – 7.00pm-8.30pm



@LiquidThinker

About the talk: Damian will be focusing on the psychology of a winning mindset, providing a 'toolkit' to challenge everyday language and improve communication. Prof Damian Hughes is an international speaker and bestselling author who combines his practical and academic background within sport, organisational development and change psychology, to help organisations and teams to create a high performing culture. He was appointed as a Professor of Organisational Psychology and Change at Manchester Metropolitan University in September 2010, and is currently serving as a member of the coaching team for Scotland Rugby Union and Canberra Raiders.

Prof Brendan Cropley

FRIDAY 25 JANUARY 2019 – 7.00pm-8.30pm



@BrendanCropley

About the talk: Brendan will explore the power of reflective practice as a way of enhancing self-awareness and its position in both personal and professional development.

Brendan Cropley is a Professor of Sport Coaching at the University of South Wales (USW). He joined USW in 2017, having previously worked at Swansea University and Cardiff Metropolitan University. He has made a significant contribution to the sport and exercise sciences, particularly in the area of sport psychology and sport coach education.



Dr Emma Kavanagh

FRIDAY 8 FEBRUARY 2019 – 7.00pm-8.30pm



@EmjKavanagh

About the talk: Emma will be talking about a taken for granted aspect of performance environments by exploring the relationships we hold and the challenges that can be posed to these relationships in pressurised environments. The importance of optimal relationships are central to wellbeing and success. Emma's talk will therefore provide examples of how to strengthen and nurture relationships through increased understanding of the self and others.

Dr Emma Kavanagh is a lecturer in Sports Psychology and Coaching Sciences and a BASES Accredited Performance Psychologist and Chartered Sport and Exercise Scientist, working with a number of athletes at national and international level.

Sarah Kelleher

FRIDAY 15 MARCH 2019 – 7.00pm-8.30pm



@kellehers07

About the talk: Sarah will explore a key topic in all areas of our lives: Confidence. She will look at how confidence is not a talent we are born with but a skill that can be learned. It is a skill that can be cultivated by growing awareness of our best self and what it takes to allow us to truly flourish and thrive.

Sarah Kelleher has been involved in high performance coaching at international level for over 8 years and is currently in her fourth cycle as Lead Coach, England Hockey U18 Girls. This, combined with her senior international playing career, spanning 10 years and as Irish Captain, provides her with an in-depth understanding of what it takes to perform to your best. In addition to her hockey coaching roles, Sarah is a qualified NLP Coach and Master NLP Practitioner.



Talks will be held at King's College, Taunton.

To book please scan the QR code or email Clare Hayes for details: CHayes@kings-taunton.co.uk