



Kent Athletics



## Kent and Medway Athletics Network Sports Psychology for Coaches

**We are delighted to welcome Matthew Cunliffe who will lead 2 workshops on Sports Psychology.**

**Workshop 1- An introduction to Sport Psychology for new/ less experienced coaches.**

**Workshop 2- Coaching with Confidence: building your own self-confidence and how to build confidence in the athletes you coach.**

### **About Matthew**

Matthew has been applying Sport Psychology skills to athletes, coaches, parents and teams since 2012. He gained his undergraduate degree from The University of Northampton in Psychology and Sport Science in 2011 and his Masters degree in Sport and Exercise Psychology in 2012. Matthew has worked with clients of all ages and levels in the past and currently works with national and international level athletes from a variety of sports. He is currently research active and spends time when not consulting in research allowing him to keep at the cutting edge sport psychology, neuroscience and performance enhancement.

This session is open to all Kent and Medway Athletics Network coaches and is free to attend. It is a great opportunity to learn from Matthew who will help you to understand how good communication and mental techniques can improve athletic performance.

There are 25 places available so please book as soon as possible. Please note that there is a £5 charge (payable in cash on the night) for any non-coaches who attend. You may attend either or both workshops and there is no requirement to attend the first if you are only interested in the second.

**7-8pm Monday 20<sup>th</sup> October and Monday 27<sup>th</sup> October**

**The Sennocke Centre, Sevenoaks School**

**High Street, Sevenoaks, Kent, TN13 1HU**

For further information and to book a place, please contact  
Alison Strange: coachdevelopment.kan@gmail.com

**[www.englandathletics.org](http://www.englandathletics.org)**

