



Programs on Offer

Our **interactive workshops**, delivered by qualified wellbeing coaches, are specially-tailored for delivery to **budding sportsmen and coaches** in the Cambridgeshire and Milton Keynes regions. Sessions, which include a seamless pathway to our wellbeing service, are facilitated pre, post, or during training for players as young as 6 years old. Along with **access to self-help guides**, your teams will gain invaluable insight on halftime mental techniques whilst learning how to cope with defeat and navigate unique coach & player dynamics — ultimately helping members **thrive in both play and preparation!**

For Sports Teams & Football Clubs, Programs include:

> **Staying Positive: Adopt a Champion's Mindset & Foster Resilience**

Bounce back, stay strong, and keep winning — on and off the field.

Every athlete faces tough moments whether it's losing a game, missing a shot, or handling pressure. This workshop aims to help young sportsmen and women *build mental toughness*; staying positive and pushing forward even in the face of adversity. Whether on the pitch, track, or court, they'll develop a winning mindset to perform at their best.

Who is it for?

> Young athletes in schools, academies, and sports teams

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Bounce back from setbacks like a pro*
- ✓ *Develop a strong, positive mindset*
- ✓ *Handle pressure and stay confident*
- ✓ *Build mental resilience for success*

Great athletes train their minds as well as their bodies. This session helps you build confidence and resilience whilst developing a mindset to tackle challenges like never before.

> Find Your Winning Mentality

Train your mind like a champion and push beyond your limits.

A winning mentality isn't just about scoring goals or winning races—it's about resilience, self-belief, and determination. *Champions are built through mental strength, pushing past failures, and staying focused on their goals.* This program helps young athletes develop a strong mindset that fuels success in sports and broader life.

Who is it for?

> Young athletes in schools, academies, and sports teams

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Define what a winning mentality means for you*
- ✓ *Set clear, focused goals and create a plan to achieve them*
- ✓ *Learn to bounce back from setbacks and use them as fuel for success*
- ✓ *Develop mental discipline, decision-making skills, and a strong work ethic*

A champion's mindset is built through focus, resilience, and relentless self-improvement. This session gives you the tools to strengthen your mentality, handle pressure, and keep striving for greatness.

> Setting Goals & Building Aspirations

Aim high, stay focused, and work towards your future success.

Great athletes don't just dream of success—they set clear goals and work hard to achieve them. Whether in sports or day-to-day life, knowing what you want and planning how to get there is key to reaching your full potential. This session helps young athletes *set meaningful goals*, break them into *achievable steps*, and *stay motivated* as they work to achieve them.

Who is it for?

> Young athletes in schools, academies, and sports teams

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Understand what aspirations are and why they matter*
- ✓ *Set clear, realistic goals to work towards success*
- ✓ *Break big dreams into small, achievable steps*
- ✓ *Stay motivated and track progress towards personal and sporting goals*

Achieving success doesn't happen overnight — it's about setting goals, working hard, and making steady progress. This session aims to help players develop the focus, discipline, and motivation to turn their aspirations into reality.

Additional Offering: 1-2-1 Support & Injury Recovery Sessions

Personalized support to help young athletes overcome challenges and maintain peak performance.

Individual support is available for athletes facing mental hurdles, injury recovery, or performance anxiety. These one-on-one sessions provide tailored strategies to help young sportspeople stay focused, resilient, and ready to perform. Beyond this, NXG aims to offer support to released players as well as athletes who may not make the cut on trial days.

- ✓ *Personalized strategies to manage stress and pressure*
- ✓ *Mental resilience coaching for confidence and focus*
- ✓ *Expert guidance to facilitate a return to play after injury*
- ✓ *Holistic approach to maintaining mental and physical well-being*

Athletes perform best when their body and mind are in top shape. These sessions offer dedicated support to help young sportspeople stay motivated, recover from setbacks, and continue striving for success.

For Coaches & Trainers, CPD Programs Include:

Mental Wellbeing & Performance Coaching for Young Athletes

Equip yourself with the knowledge and strategies to support young athletes' mental resilience, emotional well-being, and stress management. Coaches and trainers play a crucial role in shaping an athlete's mental and emotional strength. This program combines key elements of sports psychology, mental health awareness, and resilience training to help coaches provide holistic support to their teams.

Who is it for?

> Coaches and Trainers working with young athletes

Time to Complete:

> 60 - 120 minutes

- ✓ Identify early signs of mental health challenges in athletes
- ✓ Foster a growth mindset and build resilience in young athletes
- ✓ Implement effective stress management strategies
- ✓ Support athletes through emotional challenges and setbacks
- ✓ Create a training environment that promotes long-term well-being

Coaches are more than just trainers—they are role models who influence young athletes' overall development. This session ensures they have the right tools to recognize, support, and strengthen the mental well-being of the next generation of sports professionals.

Here at NXG, we strive to continuously expand our program base. If there's an area you're interested in exploring, feel free to reach out and let us know - Chances are we're already working on an offering that will cater to your needs!