

If you want to go fast, go alone. If you want to go far, let's go together! *(based on an African proverb)*

## M.V.Programme: your recipe towards success

Prepare your **M**ost **V**aluable **P**izza!

1. The base (invisible 24/7 training)
2. Main ingredients (visible practice sessions: make the most of them)
3. Extra ingredients and toppings (games, tournaments etc.: enjoy them)

○ Individual or small groups

○ In person / by videoconference

**Request details of your M.V.P. recipe**

**catered to suit your appetite, budget and availability.**

## Consultations & support:

➤ Pre-season, during and in specific moments of need

➤ One-off consultations or continued support

Free introductory chat (15–30 minutes); 60 minutes each successive session

In person (at a convenient venue) or by videoconference/telephone

✓ One-off consultation: from 100 euros\* per session

✓ Continued support programme: often more effective and economic than one-off sessions; according to needs

\*depending on the location

possibility of subsidies or other options in cases of limited economic resources

prices valid for the 19/20 season

[info@coachingconexion.com](mailto:info@coachingconexion.com)  
or  
complete the web form