

Don't suffer in silence! *"A problem shared is a problem halved"*

Or maybe you just want to **go that extra mile** to support the athlete in your life!

## Series of workshops:

1. The "invisible" training session
2. The support car
3. From the sidelines ... with love!
4. Reflecting on the performance, celebrating inner wins

Minimum 5 participants (if you get a group together of more than 5 people, your place is free!)

4 workshops (an hour once a week for a month)

In person (request a venue near you)

By live videoconferencing groups (request schedules for your time zone)

Total Investment for the series of 4 workshops: from 100 euros\* per person (request options for clubs/organisations)

## 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