

Greater Peterborough Athletics Network

Sports Psychology

How can you prepare to control pre-race nerves?

How can you overcome the fear of failure on race day?

What strategies can you start to implement to complement your training?

Wednesday 29th January 2025

7:00pm – 8:30pm

Guest Speaker: Matt McKeen BSC MSC Sport and Exercise Psychology

Matt is a Trainee Sport Psychologist with the British Psychology Society and the Founder of Flourish & Thrive, where he provides mental performance coaching for athletes, coaches and teams across a range of sports.

Matt is also completing a PhD at Loughborough University. His research focuses on coaches' awareness of their coaching behaviours and the coach-athlete relationship.

www.flourishandthrive.co.uk

Venue Details: The Pavilion, Embankment Track, Peterborough Regional Fitness and Swimming Centre, Bishop's Road, Peterborough PE1 5BW

Tea and coffee available, please bring your own mug.

Booking essential via www.gpan.org.uk

No charge and open to all members of GPAN Clubs or runners thinking of joining a club

