

Contact us now to discuss how we can deliver
Living Excellence in your school.

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LIVING EXCELLENCE

BALANCING BRILLIANCE

moregold
performance consulting

www.moregold.com.au

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Living Excellence is a unique program that provides student athletes with the tools and life skills they need to realise their full potential: as athletes, as students and as human beings.

The Living Excellence program provides a range of practical, effective learning experiences to help student athletes understand what it takes to live a lifestyle conducive of sporting, academic and community success.



The Living Excellence program includes individual and group learning activities in:

Mental skills for the student athlete

(inc. relaxation, goal setting, visualisation and self-confidence)

Life balance

a holistic approach to success as a student athlete

Nutrition

how to fuel a high performance lifestyle

Values and Virtues

living a values-based life as a student athlete

Personal Management

taking responsibility for your high performance lifestyle

Leadership

leading yourself and others as a student athlete

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