




MENTAL WELLBEING



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GDA Mental Wellbeing Services is committed to supporting athletes and young individuals in their pursuit of optimal mental health and overall wellbeing. Through our tailored sessions, workshops, and personalised 1-1 support, Athletes will enhance their performance in every aspect of their lives. Those who engage with our services will gain valuable tools and skills to excel in areas such as confidence-building, pressure and nerve management, resilience cultivation, consistency improvement, and enhancing focus. Our sessions not only focus on athletic performance but also emphasizes mental mastery, mind-management, mental preparation, and self-care to enhance their overall quality of life.

Key Areas

Individuals develop strategies to build and maintain unwavering self-confidence, overcoming performance-related doubts.

**Building
Confidence**

Workshops equip individuals with tools to manage competition pressures and conquer performance anxiety, optimizing their performance.

**Dealing with
Pressure
and Nerves**

Athletes develop a growth mindset, mental toughness, and effective coping mechanisms to thrive in the face of challenges.

**Building
Resilience**

Key Areas

Techniques for consistent training habits, recovery optimization, and goal setting to achieve athletic success.

**Improving
Consistency**

Methods to sharpen focus, manage distractions, and maintain mental presence during competitions, optimizing performance.

**Improving
Focus**

Key Areas

Gain insights into mental strengths and areas for improvement. Tailored support for optimal performance and wellbeing

Psychological Profiling

Thorough evaluation of overall wellbeing. Identifying areas for growth and providing personalised support to optimise mental and emotional health, enhancing athletes' overall quality of life.

Wellbeing Screening

COACHES BADGES



the british
psychological society



The British Association of
Sport and Exercise Sciences
Sport and Exercise
Psychology Accreditation Route



Mental Health and Self-Care:



At GDA we prioritise Mental health and well-being, offering bespoke services for athletes and individuals. Our offerings include a Mental Health Awareness Workshop and consultancy services led by experienced clinical psychologists. With expertise in professional sports, including Football, Olympic, and Paralympic domains, we empower individuals to enhance resilience and emotional well-being through stress management, self-care, and well-being practices. Together, we create a nurturing environment for optimal performance and overall well-being.



**SOME OF OUR SERVICES INCLUDE,
BUT ARE NOT LIMITED TO:**

- Mental Health Awareness workshops
- Staff Supervision and support
- Consultancy services
- Emotional regulation strategies
- Cognitive restructuring
- Performance anxiety management

Group sessions | workshops | 1-1 sessions





**BOOK A CALL TO
LEARN MORE ABOUT
OUR OFFERS AND HOW
WE CAN SUPPORT YOU!**