



Information Pack

Mental Performance Coaching



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About Flourish & Thrive

Flourish & Thrive is a sport and performance psychology consultancy that seeks to optimise your health and performance by providing you and your team with the mental tools, strategies and skills so that you and your team can flourish and thrive as performers and as people.

We currently offer 3 sport psychology services:

1-to-1 consultations

We conduct a psychological assessment and develop bespoke mindset plans specific to your individual needs and goals.

Performance workshops

We offer practical sessions designed to educate your team about the mental skills required to optimise their health and performance.

Team support

We provide support, guidance and consultation to enhance coaching practice and athlete development at an interdisciplinary team level.



Flou·rish

/ˈflʌrɪʃ/

Verb

A state where an individual experiences positive emotions, positive psychological functioning and positive social functioning



Thrive

/θrɪv/

Verb

The joint experience of development and success, which can be realised through effective holistic functioning and observed through the experience of a high-level of well-being and performance



Who can call themselves a 'Sport Psychologist'?

A PROTECTED TITLE

'Sport and Exercise Psychologist' is a protected title in the UK, which can only be used by Practitioner Psychologists who are registered with the Health and Care Professions Council (HCPC). Please note, many practitioners specialising in sport choose to drop the 'exercise' part of the title and vice versa, but the same regulation applies.

Psychology is not the only profession regulated by the HCPC. In fact, the HCPC regulate a total of 15 health and care professions at the time of writing including physiotherapists, speech therapists and paramedics. This means that the HCPC sets the standards for professionals' education and practice, approves programmes which practitioners must complete to register with them, and takes action if individuals working within these industries do not meet those standards.

To complete, the HCPC training pathway to registration as a Practitioner Sport and Exercise Psychologist in the UK, it currently takes a minimum of six years of full-time higher education. These six years include an undergraduate degree, a postgraduate degree and a period of formal supervision.

The title '**Trainee Sport and Exercise Psychologist**' is reserved for practitioners enrolled on the British Psychological Society's (BPS) supervised training pathway called the Qualification in Sport and Exercise Psychology (QSEP), whereas the 'Sport and Exercise Psychologists in Training' is reserved for practitioners on the Sport and Exercise Psychology Accreditation Route (SEPAR) run by the British Association of Sport and Exercise Sciences (BASES).

At **Flourish & Thrive**, all of our sport psychology practitioners are registered with either the BPS or BASES as a trainee and/or are fully registered Practitioner Psychologists with the HCPC.



About the Founder



Matt McKeen
Trainee Sport Psychologist
Founder of Flourish & Thrive

Having completed an undergraduate degree in Psychology and a master's in Sport and Exercise Psychology, Matt is currently working towards the BPS' QSEP under formal supervision.

Once completed, the QSEP will confer Chartered Psychologist Status with the BPS and registration with the HCPC as a Practitioner Sport and Exercise Psychologist - the highest standard of certification and regulation in the UK.

Matt has also completed his training as a MHFAider with MHFA England.

Matt McKeen

MATT'S TRAINING



Qualification in Sport and Exercise Psychology (QSEP) | ongoing
Trainee Sport Psychologist under the guidance of Dr Jonathan Katz

MSc Sport and Exercise Psychology | Distinction
Loughborough University

BSc (Hons) Psychology | First Class
The Open University



Our Mission, Vision and Values

MISSION



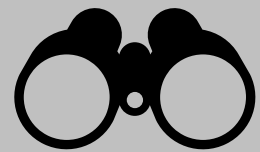
At **Flourish & Thrive**, our mission is to provide world-class sport and performance psychology services that optimise your health and performance.

We aim to equip you with the psychological tools, strategies and skills needed to navigate the daily challenges that characterise your world.

VISION

At **Flourish & Thrive**, our vision is to empower individuals and teams in the worlds of sport, business and the military in order that they can unlock their full potential.

We believe that true success is not just about winning medals or accolades but also about flourishing and thriving as people.



VALUES



Integrity

We maintain the highest ethical standards in all our interactions, ensuring trust, respect and confidentiality in our relationships with clients.



Connection

We recognise that genuine relationships are essential for effective support and growth.



Empowerment

We provide you with the tools and guidance needed to flourish and thrive independently.



How can sport psychology help you?

At **Flourish & Thrive**, the work we do with teams can be classified according to the following categories.

Performance Psychology

Improve psychological tools like goal setting, imagery, arousal control and self-talk to enhance your performance



Mental Health & Wellbeing

Conduct mental health screening, target threats to wellbeing, identify self-care strategies and develop referral pathways

Lifestyle Support

Address the psychological aspects of injury rehabilitation, (de)selection, retirement and non-performance issues



Culture/Environment

Facilitate interpersonal communication, leadership development as well as team identity, values and roles

The way in which we work will depend on your team's unique objectives, needs, demands and resources; however, our work may include 1-2-1 consultations, psycho-education workshops with the whole team or specific units, supporting coaches across multiple teams and/or working with the club to develop organisational policy.



Contact Information



Flourish & Thrive

MENTAL PERFORMANCE COACHING

If you would like to talk about working together to optimise your team's health and performance, please see our contact information included below.



www.flourishandthrive.co.uk



enquiries@flourishandthrive.co.uk



+44 7413393964



<https://www.linkedin.com/company/flourish-and-thrive/>



[@flourish_and_thrive_psych](https://www.instagram.com/flourish_and_thrive_psych)

At **Flourish & Thrive**, all of our sport psychology practitioners are registered with either the BPS or BASES as a trainee and/or are fully registered Practitioner Psychologists with the HCPC.

All conversations, communications and associated work are, therefore, informed by the BPS Code of Ethics and Conduct, the BASES Code of Conduct and the HCPC Standards of Conduct, Performance and Ethics.



The British
Psychological Society



The British Association of
Sport and Exercise Sciences

hcpc health & care
professions
council

