

# North East Coaching Collective

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## Graeme Thorpe



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### Coaching style

Graeme's approach to coaching is influenced by his experiences in various sports, and through exploring the work of Timothy Gallwey amongst others. This has led Graeme to focus on what interference is preventing the client from reaching their full potential in sport, work or any other aspect of their life. Sessions are conducted in a safe environment with the focus on client-led activity that helps the client establish their intent or purpose in any given situation. This enables the client to identify a way forward that is right for them.

Graeme describes his strengths as providing an opportunity for the client to

- become more self aware of their thoughts and actions in various situations
- understand how their addictions get in the way of them reaching their potential
- develop a stronger resilience and an elite athlete mindset for any situation
- understand what is missing that would make the difference they desire

### Key skills

Graeme's key skills include: performance coaching; performance wellness coaching; leadership development; managing relationships; building resilience; the dual career; transitioning to the second career; transitioning to a new career; managing a career alongside competitive sports; financial planning for community sports.

### Career background

Graeme's background is in education, skills and welfare to work where he has worked in a variety of roles such as a tutor, consultant, business development, performance and operations management and heading up business processes. He also works with young talented people (16-24) from a variety of sports and for a local non-league football club/football academy.