



Gracefull girls

Grow Gracefull Inside and Out

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The sessions are fun with core workouts and a chance to share experiences with others.

Jeanette Shipley



Aims Of The Programme

Our Why:



This course is the course that we wish we could have accessed back when we were teens. It pulls together all the useful science and anecdotes from both our international athletic careers, shortcutting you to the good stuff and bypassing the blunders. It's not just about the athletics. In fact, better athletics performances are a by-product of learning to move and live more Gracefully. Whilst there is much sport-specific coaching and advice, ultimately the course is about nurturing character and wisdom to create a more solid platform for sustained success and happiness in life.





We have both found the sessions **highly motivating and educational**. To be given insights into technique/ form and conditioning as well as **words of wisdom from an ex-GB athlete is priceless**, and we look forward to carrying this on, particularly as Alice's body continues to develop.

Mandy Tolley



Who the programme is designed for



Performance

Athletes willing to go the extra mile to fulfil your athletic aspirations and to develop your strength of character

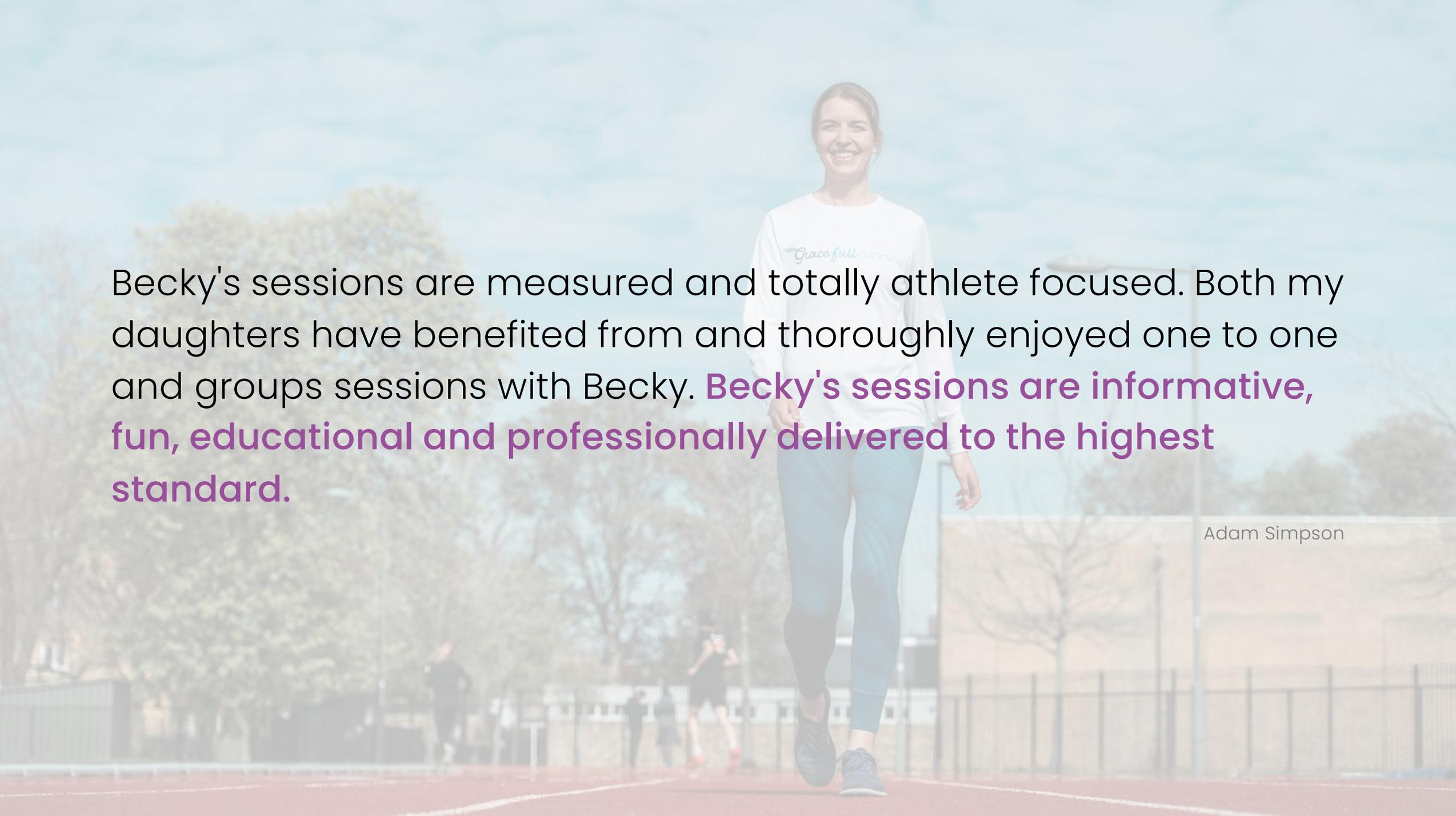
Podium

Committed athletes lacking knowledge to optimise your health and fulfil your athletic potential

... and not designed for athletes/parents/coaches that:

- have a 'win at all costs' mentality;
- are not open to feedback and advice;
- are not committed to working on their athletic and personal development;
- are not willing to share their thoughts and expertise for the benefit of the community.



A woman with long brown hair, smiling, is walking on a red running track. She is wearing a white long-sleeved shirt with the text 'Graceful Running' in blue and green, and blue leggings. The background shows a clear blue sky, trees, and a brick building. Other people are visible in the distance on the track.

Becky's sessions are measured and totally athlete focused. Both my daughters have benefited from and thoroughly enjoyed one to one and groups sessions with Becky. **Becky's sessions are informative, fun, educational and professionally delivered to the highest standard.**

Adam Simpson



What's Involved

Podium

Performance

Online
conditioning
sessions

Personal
Optimisation
seminars

Supportive
online
community

Technique
analysis or Physio
screening or 1-2-1
mentoring

Online conditioning sessions

Mondays 6–7:30pm GMT
Tuesday 6– 7.30pm GMT

- Running specific strength exercises
- Screenshare of pre-recording to permit optimal participant feedback from coaches
- Minimal equipment required (therabands, sliders and dumbbells – recommendations provided)
- Sessions designed to compliment running training
- Free access for parents and coaches

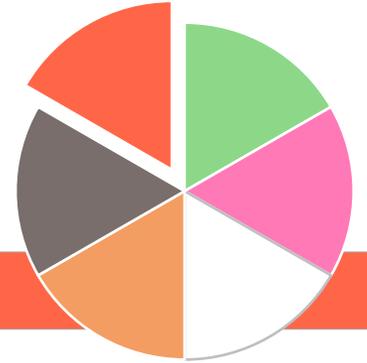


Personal optimisation seminars

- Interactive seminars addressing key pillars of well-being
- Recorded to watch and re-watch at your own convenience.
- Results of the interactive surveys discussed at the end of Monday's conditioning session, with a further opportunity to ask questions
- Further reading/resources provided
- Parent and coach participation encouraged
- Record key learnings and pledges in your interactive online journal

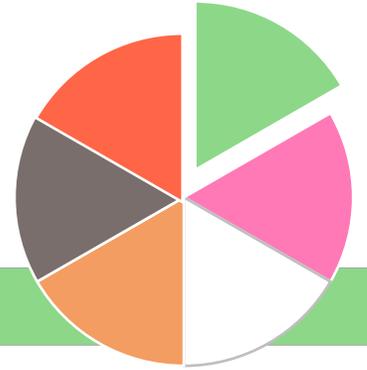


Physical



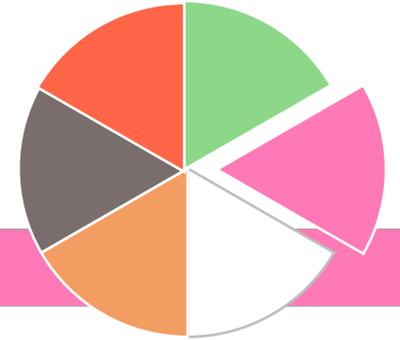
Problem area	Presentation
Injury	Preventing Injury Dealing with Injury – Physically RED-S: Relative Energy Deficiency in Sport Injury Nutrition
Illness	Illness Nutrition Tips for Speeding Up Recovery From Illness
Ignorance	Recognising and Preventing Over-training Long-term Athlete Development The Pros and Cons of Tracking Periods and Performance
Image	Understanding Body Changes Through Puberty and Training

Nutritional



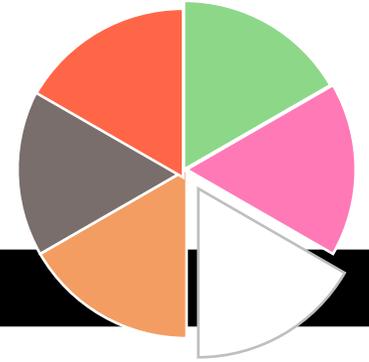
Problem area	Presentation
Addictions	Maintaining a Healthy Weight
Amount	The Importance of Hydration Supplements – to Take or Not to Take Eat Like a Champion
Area	Healthy Food Preparation Hacks
Allergies	Are Unknown Allergies and Intolerances Holding You Back?

Mental



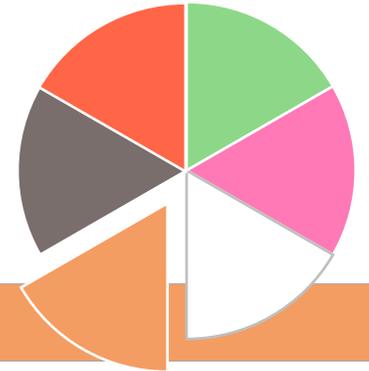
Problem area	Presentation
Concern	Dealing with Nerves and Pressure Getting in the Zone
Convalescence (depression)	Overcoming Disappointments Dealing with Injury – Mentally Enjoying the Process
Conflict	Communication and Conflict Resolution
Confidence	Cultivating Confidence The Art of a Comeback Overcoming Obstacles

Purposeful



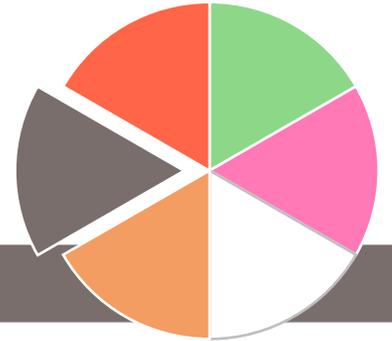
Problem area	Presentation
Finding it	What's Your Super-Power? Lessons From Professional Sport Applied to Life
Finance	Creating a Business Case For Your Athletics
Fear	Building Mental Toughness
FHW (Flipping Hard Work)	Cultivating Discipline Developing Positive Routines Goal Setting Done Right Maintaining Motivation

Fullness



Problem area	Presentation
Sleep etc	Sleep as a Superpower – Optimising it and Overcoming Insomnia. Applications of Mindfulness to Sport Recovery and Relaxation Techniques Self-care Survey
Spirituality	Humility the Antidote to Ego The Quantum Power of Visualisation
Social	Social Media as a Tool to Fuel You An Alternative Approach to Athletics
Simplicity	Balancing life's pressures

Relational



Problem area	Presentation
Inequality	Matching Coach-Athlete Levels of Commitment
Infidelity	Changing Coaches – Is it the right thing to do?
Intimacy	#metoo in Athletics: Discussing Appropriate Levels of Contact and Communication
Infantile	The Evolving Coach-Athlete Relationship

Overcoming Disappointments

Required

Email address *

Your email: _____

Your name

Your answer: _____

State to what extent you agree or disagree with these statements (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree)

1 2 3 4 5

When I experience a disappointment, I always ask myself what I can learn from it

1 2 3 4 5

I feel like a...
 1 2 3 4 5

State to what extent you agree or disagree with these statements (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree)

1 2 3 4 5

Can you share with us any mantras that you use to help you to overcome disappointments?

1 response

Stressed is just desserts spelled backwards

Any extra questions or comments regarding this topic?

2 responses

No responses yet for this question.

Your results will be kept anonymous unless something flags concern in an answer and requires greater attention by relevant care-givers

2 responses

Gracefull Surveys & Software

Our weekly surveys are what really make the difference in embedding changes into your psyche. Instead of the information on our personal optimisation seminars going in one ear and out the other, you are encouraged to give real thought and introspection to where you stand in any given topic area.

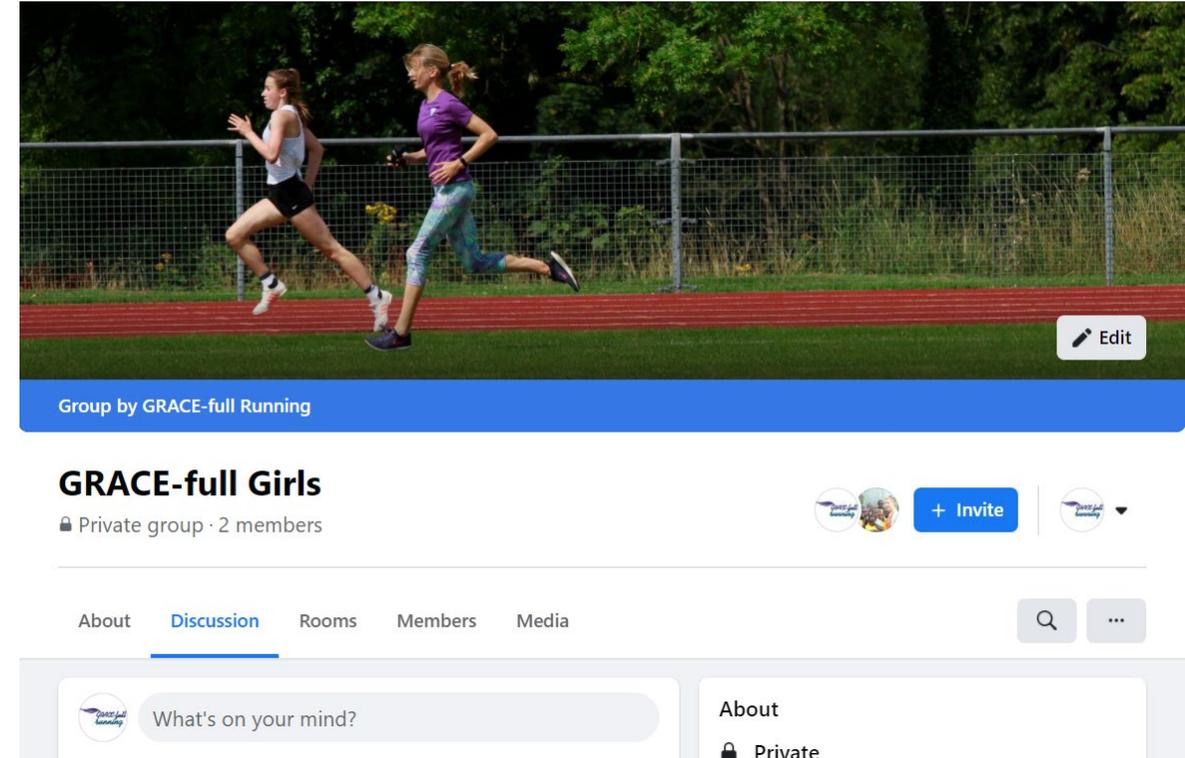
Upon completion, you are sent a summary of your answers and a Gracefull score that effectively highlights your strengths and weaknesses. By making note of your score in your Gracefull journal, together with any pledges/ takeaways from the presentation, you create real accountability as you strive to be your very best self.



Our unique and innovative joint detection Gracefull software is exclusively available to those on the Podium package. Submitting simple videos for our online technique analyses and physio screens allows us to track improvements in the efficiency and freedom of your movements, moulding you into robust and flowing athletes

Supportive online community

- Access to private Facebook Page
- Opportunity to ask questions/request advice (can be done anonymously via admin)
- Interesting/informative/inspiring articles shared
- Information on new offerings, products and services shared here first
- Parent and coach participation encouraged

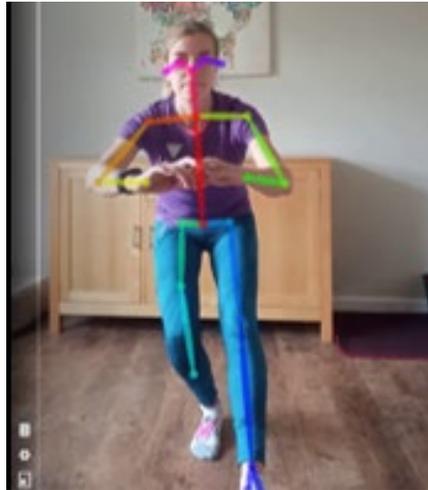


Podium – extra benefits

Each month select from one of the following:



or



or



Technique analysis

- Unique software
- Compare scores
- Bespoke guidance and cues

Physio screen

- Software
- Highly qualified physio
- Exercise programme to address tightness and weaknesses

1-2-1 mentoring

- Zoom call to Chat through problems alone or with parents



We have found Becky's sessions **very interesting and full of useful advice**. As our daughter develops, we feel that she will need more of this type of coaching and mentoring, and **Becky has the knowledge to assist in this**. Highly recommended!

www.gracefullrunning.com



Sign Up

Podium - ~~£995~~ £750/ Year or ~~£100~~ £75/ Month

Performance - ~~£495~~ £300/ Year or ~~£50~~ £30/ Month

Online
conditioning
sessions

Personal
Optimisation
seminars

Supportive
online
community

Technique
analysis

or

Physio
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or

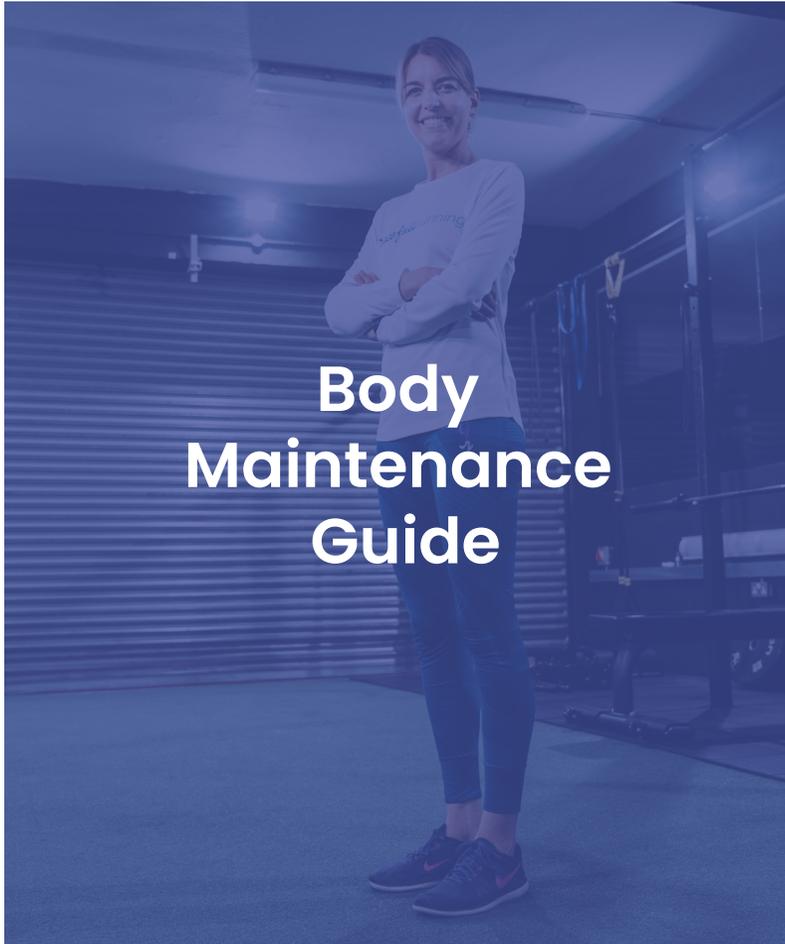
1-2-1
mentoring



Sign up now at:

[www.gracefullrunning.com/gracefull-girls.](http://www.gracefullrunning.com/gracefull-girls)

Bonuses if you sign up today:





GRACE-full Girls' Parents Testimonials

Becky provides excellent, **intuitive sessions** that my daughter really enjoys. Her enthusiasm, technical knowledge and support means that her advice is wholly reliable and effective.

Becky's sessions complement the 'standard' training sessions perfectly. Becky's caring nature and **willingness to go the extra mile have helped my daughter immeasurably**, this has been particularly in evidence during lockdown - it is something she looks forward to every week (both during and pre lockdown).

Karen Davies

The sessions are incredibly important for female athletes' health and fitness and perfectly complement and support their other training.

10% of all profits will be lovingly donated to the following incredible charities run by fellow athletes...



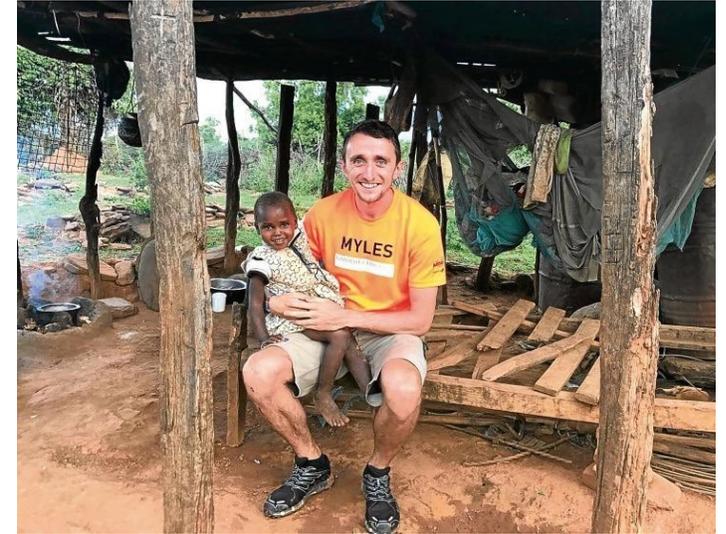
Love Mercy

'Empowering rural communities in Northern Uganda to overcome poverty after decades of civil war.'



Shoe4Africa

'Working with donors, partners, & advocates to Save and Empower African Kids Lives & Empowering Women through highly cost effective, scale-able proven methods.'



Gathimba Edwards Foundation

'Giving kids in Kenya a chance'

Questions?

If you would like any more information about any of our packages or services, please don't hesitate to get in touch. We'd love to help.

www.gracefullrunning.com

becky@gracefullrunning.com

Instagram: @gracefullgirls