

# ANNETTE paterakis

Are you ready to  
embark on your  
personal growth journey?

Are you committed to  
achieving something  
truly exceptional?

Are you determined  
to unleash your  
full potential?

## TRANSFORMATIVE COACHING PROGRAM

- **Reach**  
your most ambitious goals
- **Crush**  
your biggest fears
- **Grow**  
into the best version of yourself
- **Transform**  
your riding career



# WHAT'S INCLUDED

## Deep-Level, One-On-One Coaching

- ✓ 2-day intensive, deep-level, one-on-one, coaching session with Annette
- ✓ 4 additional follow-on coaching sessions with Annette over FaceTime



## Mental Testing And Training Tools



### **Master Your Mind (MYM)**

- Online Mental Training App
- More than 2 hours of video tutorials
- 27 practical, guided exercises and mental training tools
- Access for 24 months

### **MyMindWorks**

- Digital testing and training application
- Measures how well you perform under pressure, your reaction speed and ability to make decisions under pressure, how well you see your distance to a jump, and more
- Access for 12 months

### **HeartMath**

- A device to train getting into a state of greater emotional stability, increased mental clarity and improved focus (provided during our one-on-one sessions)
- 10% discount code available if you wish to purchase your own device

## Induction

- Transformative coaching will bring about deep, lasting and positive change. It's about changing your beliefs, behavioural patterns and way of thinking. However, the process is intensive, and it isn't for everyone! Is it right for you? It all starts with us both taking the time to determine just that: (i) are you open-minded and receptive to a new way of looking at things? (ii) do you feel ready and excited about the journey ahead? (iii) are you committed and willing to put in the work?

## Master Your Mind Online Mental Training App (MYM)

- Your program begins with you taking the time to learn the basics of mental strength training. You will get free access to my Master Your Mind Online Mental Training App which you will work through and complete over a period of 1-2 weeks.

## Prep Work

- To maximise the effectiveness of our time together, we will both need to put in the work beforehand. I will ask you to fill in an induction questionnaire so I can learn more about your past, your successes, your struggles and your ambitions. I will want to study videos of you training and competing and, with your consent, speak with anyone who can provide insights into how you train, how you perform under pressure and who you are as a person. This will help me shape and tailor our time working together.

## 2-Day, Intensive, Deep-Level, One-On-One Coaching Session

- This is where your deep transformation truly begins. Coaching will typically take place at my home in the UK. We will begin by reviewing your goals and setting new ones. You will then take two tests which will give us greater insight into how you perform under pressure:
  - a) MyMindWorks** – A digital training application to test and train your mental, cognitive, visual and neurological performance. It will screen how well you perform under pressure, your reaction speed, your ability to make decisions under pressure, how well you see your distance to a jump, and more.
  - b) HearthMath** – A device which measures your ability to get into a state of psychophysiological coherence, a scientifically measurable state which, when activated, we experience greater emotional stability, increased mental clarity and improved focus.
- Based on these results, I will guide you through a series of practical exercises which help you gain deep insights and reach deep inner realisations. These will in turn trigger behavioural changes which will plant the seed for lasting transformation. We will also work through any deeper issues by shedding limiting beliefs, conquering anxiety and overcoming any traumas.
- We will then create and implement new routines which will help you implement these behavioural changes effectively and consistently.
- Finally, I will create a clear strategy and plan for you to follow in order to reach your goals, including daily routines, mental exercises, and further reading.

## 4 Additional Coaching Sessions

The key to lasting transformation is consistency. Following our 2-day intensive session together, we will schedule in 4 successive coaching sessions, typically over FaceTime, as needed, where we will continually review your progress together, determine what's working well for you and what needs to be adjusted, and ensure you continue on a positive trajectory.