

# Performance Under Pressure Advisory

*Clarity, regulation and execution in high-stakes environments.*

High-performing individuals rarely struggle because of lack of ability or preparation. More often, pressure disrupts access to what they already know and can already do.

Performance Under Pressure Advisory works across education, sport and leadership to help individuals maintain clarity, regulation and execution when stakes are high.

*Pressure does not remove capability. It disrupts access.*

## THE FRAMEWORK

### RECOGNISE

Identify the pressure pattern.

### REGULATE

Reduce cognitive interference.

### EXECUTE

Return to deliberate execution.

## WHO I WORK WITH

### Elite Education · Dual-Performance Pathways

- Boarding and international schools
- Student athletes managing elite sport and academic demands simultaneously
- Selective school entry, high-stakes examinations and university preparation
- Transition, selection and high-pressure academic periods

Also supporting:

### Private Families · Students · Leaders · Founders · Professionals

- High-stakes examinations and interviews
- Oxbridge and selective university pathways
- Pitches, presentations and leadership under pressure
- High-stakes communication

## HOW THE WORK IS STRUCTURED

### Performance response profiling

Individual diagnostic across academic, athletic or leadership contexts.

### 1:1 advisory sessions

Structured sessions applying the framework directly to the individual's specific environment.

### Workshops, briefings and intensives

Targeted delivery at key pressure points across the academic or performance year.

### Institutional consultancy

Embedded programmes designed around the specific demands of the school, academy or organisation.