



PRESS RELEASE – 15th August 2018

COGNACITY'S ROLE IN ENGLAND'S RUSSIAN SUCCESS HOW TO HARNESS SPORTS PSYCHOLOGY IN THE WORLD OF BUSINESS?

"It's coming home" – the cry of England football fans this summer. Whilst the England team didn't quite manage to bring it home, the success in Russia has been attributed to Gareth Southgate's immaculate team management. Have you wondered where he got some of his ideas from?

We're too discreet at Cognacity – the Harley Street and Manchester-based psychology agency - to give Gareth's secrets away, but we are prepared to share our part in the England Football Team's success in the World Cup at a special set of Conferences this autumn.

You'll hear what our experts can do to deliver world-class performances for your employees using our knowledge from working with 14 of the UK's leading sporting associations.

We're not dead-ball experts, have a Harry Kane or a Jason Pickford, but we do have world leading experts in the field of psychiatry, psychology and psychotherapy. We treat the country's leading sportspeople and deliver ground breaking conferences on how to help your teams cope when the going gets tough.

We'd like to invite all business stakeholders to our first special conference:

- "How to harness sports psychology in the world of business?"
- Broadcaster Gary Bloom will deliver a Q&A session with a distinguished panel of guests from the world of sport and psychology
- Wednesday 26th September
- 14:00 to 15:30
- The Lowry Hotel, 50 Dearmans Place, Chapel Wharf, Salford, Manchester M3 5LH

Please RSVP to James Webb (j.webb@cognacity.co.uk) by Friday 7th September. The conference is free to attend but tickets are strictly limited.

Further information:

Cognacity at Leon House are experts in mental wellbeing and people performance. We are a highly experienced team of psychiatrists and psychologists, who offer a unique combination of best-in-class services.

Cognacity understand the pressures that modern workforces face. We apply medical and scientific expertise to help organisations improve people wellbeing to ensure they are fit for the future. Our measurable programmes for sustainable high-performance and resilience help organisations improve performance, talent retention, work culture and their bottom line. Our results are quantifiable and demonstrate meaningful positive impact.

As leaders in our fields of expertise we work with a wide range of corporate organisations across the spectrum of business sectors. We also provide outstanding clinical mental health services to our clients and individual patients. Cognacity were also honoured to be the on-call Psychiatric Specialists for the London 2012 Olympics and Paralympics.

Gary Bloom is a clinical psychotherapist working at our Harley Street practice. He works one to one with people who are suffering from depression, anxiety, addictive behaviours and relationship issues.

Gary is an expert in helping sporting clients deal with intrusive press attention as he has worked for more than twenty-five years in sports broadcasting and understands the stresses the media spotlight can cause.

He has helped our clients think through difficult choices to lessen the impact the media can have on their lives. Gary's client work, like all our clinicians, is completely confidential.

Gary is also a broadcaster, and currently hosts the award-winning therapy show 'on the sporting couch' on Talksport radio. He was also the voice for the Football Italia show on Channel Four in the nineties, alongside James Richardson.

He holds a post graduate diploma in (PGD) in psychotherapy and counselling and a degree from the University of Wales.

