

would like to invite you to our

Performance Under Pressure Workshop

- Venue:** The Lowry Hotel, 50 Dearmans Place, Chapel Wharf, Salford, Manchester M3 5LH
- Date:** Wednesday, 26th September 2018
- Time:** 09.30am - 12.30pm
- Speaker:** Professor Pieter Kruger, PhD, CPsychol, AFBPsS
Consultant Clinical Psychologist

Professor Pieter Kruger is a registered clinical psychologist. Pieter has been working in elite performance psychology for the past 17 years.

On the elite sport side, Pieter was a LOCOG specialist psychologist for the London 2012 Olympic Games, working with the GB Track & Field team, as well as team GB Rowing. He has worked in English Premier Football with individuals from Chelsea FC and Arsenal FC on performance and clinical aspects. Pieter is currently the Head of Performance Psychology for the London based Harlequins Premiership Rugby team as well as the South African National Sevens Rugby Team (World Series Champions 2017).

In parallel, as an academic, Pieter was a senior lecturer at London Metropolitan University from 2008 to 2012 in Cognitive Psychology and is currently a visiting professor at University College London (UCL) Medical School (2011 to present) He is also currently an associate professor of clinical psychology at the Institute of Psychology & Wellbeing at North-West University.

As Director of International Operations at Cognacity, Pieter is responsible for the management of some UK based programmes and all of the US, Middle-Eastern and African-based corporate programmes. He is currently working with various Blue Chip and FTSE50 companies to facilitate performance under pressure in high pressure work environments at board and senior executive levels.

Performance Under Pressure

Stress and pressure are constants in today's workplace, whether in the corporate or elite sports arena. Learning how to deal with stress and pressure is therefore increasingly important. Cognacity's Resilience Workshop uses the latest in cognitive behavioural techniques to help participants maximise performance under pressure.

This workshop is based on performance psychology principles, frequently used by elite sportsmen and women. It will highlight the psychological factors involved in resilience for thriving in tough times. It will also identify practical ways of developing the necessary skills to maintain and improve psychological resilience, wellbeing and performance.



RSVP: E: j.webb@cognacity.co.uk T: 020 3219 3080 By Friday 7th September