



**RYAN BLAKE**  
PERFORMANCE COACHING

***Elite Impact***

# Contents

- Testimonials
- Overview
- Problem
- Solution
- Results
- Outcome
- Tool
- Model
- Phases
- Tech
- Time
- Why
- Opportunity





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# Testimonials

- **From Hesitant Leader To Confident Executive**
  - *"Before doing Elite Impact, I struggled with decision-making and effective leadership. This program helped me reframe my mindset, sharpen my communication skills, and ultimately gain the confidence to lead my team to new heights. The strategies I learned were immediately applicable and the results have been game-changing."*
    - *Nathan C., VP of Strategic Partnerships at a Global Sports League*
- **Breaking Through Overwhelm & Taking Control**
  - *"I was stuck in old habits, constantly feeling overwhelmed and ineffective. The 12-week journey with Elite Impact gave me the structure and tools to break through those barriers. I now communicate with more authority, negotiate better deals and manage my time effectively—all while maintaining a healthier work-life balance."*
    - *Rachel S., Senior Operations Manager at a Premier Sports Agency*



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# Testimonials

- ***Bridging The Gap From Athlete To Business Leader***
  - *"As a former athlete transitioning into the business world, I struggled to translate my competitive mindset into leadership skills. This program helped me bridge that gap. My ability to influence, pitch ideas and gain buy-in has dramatically improved. I now approach business challenges with the same winning mentality I had in sports."*
    - *Marcus D., Founder Of A Performance Training Startup & Former Professional Basketball Player*
- ***Unlocking The Power To Inspire & Lead***
  - *"Elite Impact is more than just a coaching program—it's a transformation. The modules on mindset, strategy, and communication were particularly impactful for me. My ability to inspire and lead my clients has skyrocketed and I've even attracted new opportunities thanks to my improved clarity and confidence."*
    - *Olivia M., Lead Development Coach For A National Team Training Program*



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# Testimonials

- ***Becoming A Standout Leader In High-Stakes Meetings***
  - *"I used to blend in and hesitate when it came to asserting myself in high-stakes meetings. The program helped me develop my executive presence and refine my negotiation skills. Now, I'm making a real impact at work, securing key deals, and leading with conviction. If you're serious about leveling up, this program is for you!"*
    - *Daniel H., Senior Executive At A Sports Media & Broadcasting Company*
- ***Transforming Strategy & Scaling Success***
  - *"I've taken other leadership programs before, but none have delivered the level of results that Elite Impact has. The focus on mindset, habits, and strategic influence has completely changed how I approach my business and clients. My revenue has increased and I feel more in control of my success than ever before!"*
    - *Samantha P., Consultant for Elite Sports Franchises & High-Performance Teams*

# Overview

- Empowering high performers in business
  - To overcome challenges & solve problems
    - Without sacrificing personal priorities
- Helping sports executives & directors
  - Become better leaders
    - Through improved mindset, wellbeing & lifestyle solutions.



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# Problem

- Resisting change & stay stagnant
- Maintaining limiting beliefs & struggle in your field
- Ignoring strategies & remain uninformed
- Neglecting communication skills & struggling to connect
- Blending in & remain unnoticed
- Being ineffective & overlooked
- Staying the same & lack influence
- Declined brain function, fixed mindset, poor strategy, bad habits, inability to influence behaviour, weak communication, lack of persuasion, failure to gain buy-in, poor negotiation, bad prioritisation, vagueness & unrealised potential



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# Solution

- Make a start towards positive change
- Transform your mindset to dominate in your field
- Learn tool sussed by successful leaders
- Develop skills employed by expert communicators
- Set yourself apart from competition
- Make impact in any situation
- Become the difference more often
- Improve: brain function, mindset, strategy, habit formation, behaviour influence, communication, pitching, buy in, negotiation, prioritisation, specificity & potential



# Results

- Introducing the “Elite Impact” course!
  - Elite
    - *“A select group that is superior in terms of ability of qualities to the rest...”*
  - Impact
    - *“Marked effect or influence...”*

# Outcome

- Feel more effective!
- Perform at a higher level!
- Sacrifice less personal priorities!
- Overcome challenges & solve problems!
- Reach peak performance!



# Tool



- A 12 week transformational coaching journey.
- Embark on a challenge & adventure to have impart & exchange information more effectively.
- Guaranteed to get results in 90 days or I will continue working with you for free until you do!

# Model



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# Phases

- Week 1
  - Intro + Onboarding
  - Brain function
- Week 2
  - Growth mindset
- Week 3
  - Strategy
- Week 4
  - Habit formation

# Phases

- Week 5
  - Influencing behaviour
- Week 6
  - Communication
- Week 7
  - Pitching
- Week 8
  - Buy in





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# Phases

- Week 9
  - Negotiation
- Week 10
  - Prioritisation
- Week 11
  - Specificity
- Week 12
  - Potential
  - Outro + Offboarding

# Tech



"Systeme"



# Time



- All dependent on individual circumstances & goals
- Minimum commitment required over a 12 week period
  - 1-2 hours per week



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# Why

- Change
  - If you have read this far then something about this is intriguing you. Ultimately if you want something to be different in your life then you have to do something different in your life to make it happen!
- Now
  - Why not now! Now will allow you to get from where you are to where you want to be in the quickest time frame possible. Waiting for the “right time” will just delay the process, causing more frustration!



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# Why

- You
  - You are the one that has to do the work, nobody else is going to do it for you. You will also be the one who gets the results and outcome you are after, nobody else will be able to take that away from you!
- Health
  - Mental health challenges like depression, anxiety, and insomnia are rising globally. Prioritising self-care & manage stress is so important. Just as you care for your body, are you doing enough to protect your mind?



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# Why

- COVID & lockdown
  - Was an ideal time to embark on something like this but many did not make the most of the opportunity & therefore achieved very little. Don't let something that could improve your life pass you by again!
- Science
  - Coaching courses provide a wide range of scientifically supported benefits such as; enhanced performance, improved physical health & mental well-being, better communication & leadership skills, behavioural change & habit formation, greater productivity & efficiency, higher employability chances and more life satisfaction. These things rarely happen by luck!

# Why



- This course
  - Will help you: make a start towards positive change, transform your mindset to dominate your field, learn tools used by successful leaders, develop your skills employed by expert communicators, set yourself apart from competition, make impact in any situation, become the difference more often & sharpen crucial tools in your arsenal!
- Me
  - I am a performance coach with over 20 years experience working with elite business leaders, global sports brands, world champion athletes, olympic medalists, international sports teams, national sports governing bodies, professional sports clubs, specific sports academies, public universities, private schools & multiple education providers. I am a very active & energetic individual with a lifelong passion towards a relentless pursuit of betterment & freedom. Ultimately though, I flourish when it comes to helping people enhance performance & solve problems!



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# Opportunity

- This is something I am incredibly passionate about & would love to help you with.
- You will not need to travel to do this, it is all delivered via online video call & mobile app.
- Flexible payment options available.
- Please feel free to get in touch with no obligation:
  - **Book a free discovery call on zoom**
    - <https://calendly.com/ryanblakeperformancecoaching>
  - **Give me a ring or drop me a text**
    - [+447736048701](tel:+447736048701)
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