

**“IT’S THE START THAT STOPS MOST PEOPLE
DON’T LET THAT BE **YOU**”**

WHAT ARE **YOU DOING FOR YOUR MENTAL GAME
AND MENTAL PERFORMANCE RIGHT NOW?**



THERAPYCISE****

**“YOUR GO TO PLACE FOR ALL THINGS
IMPROVING AND UPGRADING **YOUR MIND**“**



The Therapycise Mission:
 "The Therapycise Toolkit
 will be in every single
 household worldwide
 being used every single
 day"





WHAT HAS THE BEEN THE **IMPACT OF
WORKING WITH **THERAPYCISE** AS SAID BY
OUR WONDERFUL CLIENTS:**

“THE MENTAL **TOOLS AND **STRATEGIES** HAVE HELPED ME PUSH
THROUGH SELF IMPOSED LIMITATIONS”**

“HIGHLY RECOMMEND** TO ANYONE WITHIN THE SPORTING
WORLD AND FURTHER AFIELD”**

**“THE ENERGY IS INFECTIOUS AND THE SUBJECT MATTER
EXPERTISE IN THE AREA OF MENTAL PERFORMANCE
IS **THE BEST** I’VE EVER SEEN IN THE INDUSTRY”**

“ITS AN **ABSOLUTE NO-BRAINER, I’M JUST SO HAPPY I MADE
THE CHOICE TO INVEST IN MYSELF AND THERAPYCISE”**

WELCOME FROM CHRIS

CHRIS IS THE FOUNDER AND C.I.O OF THERAPYCISE.

“THANK YOU SO MUCH FOR TAKING THE TIME TO PICK UP AND READ THIS BROCHURE. THERAPYCISE IS GOING TO IMPACT YOUR LIFE IN SUCH AN EMPOWERING AND FANTASTIC WAY, WELCOME ABOARD AND WELCOME TO THERAPYCISE.”



WHY SHOULD YOU CHOOSE TO WORK WITH US?

WE DO IT WELL AND WE DO IT RIGHT

WHEN IT COMES TO THE MIND, YOU SHOULDN'T CUT CORNERS. WHEN THE MIND BECOMES THE MACHINE FOR GROWTH AND PROGRESS, ANYTHING IS POSSIBLE.

THERAPYCISE PUTS THE CLIENT FIRST AND TREATS EVERY INDIVIDUAL AND TEAM IN A UNIQUE WAY.



WHY WAIT? REACH OUT TODAY

ONCE A CLIENT, ALWAYS A CLIENT.

WE WORK WITH OUR CLIENTS IN MANY WAYS AND ONE OF THOSE WAYS IS BY WAY OF OUR WEEKLY MESSAGES BY WHATTSAP.

SAVE THE NUMBER BELOW AS THERAPYCISE AND THEN REACH OUT TO US AND START GETTING YOUR WEEKLY MESSAGES.



WE WANT TO HELP **YOU** AND YOUR **MIND**

WHAT DO OUR CLIENTS SAY?

WHETHER ITS ONE TO ONE OR ONE TO MANY, THERAPYCISE HAS THE TOOLS, STRATEGIES AND SKILLS TO HELP YOU, YOUR TEAM AND ANYONE YOU CARE ABOUT.

USING THE THERAPYCISE METHOD AND THE HIGHLY REGARDED THERAPYCISE TOOLKIT, WE GUARANTEE YOU MANY RESULTS BUT ONE RESULT THAT ALWAYS STANDS OUT IS PROGRESS.

DON'T JUST TAKE OUR WORD FOR IT, SEE WHAT OUR CURRENT AND PREVIOUS CLIENTS SAY ABOUT WORKING WITH THERAPYCISE:

Chris is fantastic, his positive attitude is massively infectious!!!
The mental tools and strategies have helped me push through self imposed limitations and seeing week on week improvement in my training, this has made me feel like I can now unlock potential I thought was out of reach. Simple and effective strategies giving huge results!

What a fantastic set of workshops Chris delivered to our junior players and parents at Reading Rockets Basketball Club. So informative, interactive, and practical with all going away with some mental performance tools and a greater understanding of how powerful the mind is. Chris was so enthusiastic, caring, and passionate to help each and every player and parent. Highly recommended for anyone within the sporting world and further afield.

As an amateur white collar boxer I used to suffer quite badly with anxiety before a bout. After just a few sessions with Chris this completely disappeared allowing me to be more focused and actually enjoy the bout rather than months of worry in the build up.

PUTTING YOUR MIND FIRST

PROGRESS
PROGRESS IN
MEANINGFUL
THINGS EQUALS
HAPPINESS



LIFE IS ABOUT CHOICES
AND WHEN WE SEE
PROGRESS IN THOSE
CHOICES, WE ACHIEVE A
HIGHER SUBJECTIVE SENSE
OF WELLBEING. EVERY
SESSION WITH CLIENTS IS
ABOUT CLOSING THE GAP
OF WHERE WE ARE WITH
WHERE WE WANT TO BE.

COMMITMENT
THERAPYCISE IS
MORE THAN
JUST A JOB TO
US

WHEN YOU START WORKING
WITH THERAPYCISE, YOU
WILL SEE A LEVEL OF
COMMITMENT THAT IS
UNIQUE. YOUR MIND REALLY
IS OUR PASSION AND WHEN
WE START WORKING ON
YOUR MIND TOGETHER,
MAGIC CAN HAPPEN.



TRUST
ALL GREAT
RELATIONSHIPS
HAVE SOMETHING
IN COMMON



FOR A RELATIONSHIP TO
TRULY WORK SHORT TERM
AND LONG TERM, THERE HAS
TO BE TRUST. TRUST IS BUILT
THROUGH CONFIDENCE,
CERTAINTY AND BELIEF.
HAVING A SAFE SPACE FOR
ALL THREE OF THE ABOVE IS
CENTRAL TO WHAT WE DO.

WHAT DO WE **VALUE?**

A.C.E
AWARENESS
CHOICES
EXECUTION



THIS MODEL IS ONE OF OUR MOST POWERFUL MODELS THAT WE USE ON A DAILY BASIS. IT IS OUR ROLE TO CREATE BETTER AWARENESS SO THAT YOU CAN MAKE BETTER CHOICES AND THEN EXECUTE BETTER ACTIONS THAT LEAD TO SENSATIONAL OUTCOMES.

TOOLKIT
THE TOOLKIT OF
TOOLKITS THAT
DELIVERS FOR YOU

THE THERAPYCISE TOOLKIT IS A BOX OF TOOLS TAKEN FROM A RANGE OF BACKGROUNDS AND DISCIPLINES THAT TRULY IMPACT HOW WE THINK, FEEL AND BEHAVE TO CREATE SUCCESS IN THE PRESENT MOMENT AND THE FUTURE.



MISSIONS
DAILY AND
WEEKLY MISSIONS
FOR YOU



THE WORK CARRIED OUT IN THE SESSIONS WHETHER IN PERSON OR ONLINE IS EXTREMELY POWERFUL BUT THE REAL CHANGE HAPPENS OUTSIDE OF THE DIRECT SESSIONS, THIS IS WHERE THE THERAPYCISE MAGIC HAPPENS, ITS NOT HOMEWORK BUT MISSIONS.

HOW DO WE DO IT?

**INDIVIDUAL
AND TEAM
MENTAL
PERFORMANCE**
**1:1 SESSIONS
AND 1:1 MANY**



IF THE MENTAL GAME IS IMPORTANT TO YOU AND YOU ARE WILLING TO PUT TIME AND ENERGY INTO IT, WE HAVE A SOLUTION FOR YOU. MENTAL PERFORMANCE IS WHAT WE DO AND WHERE OUR BUSINESS STARTED.

**UNIQUE
WORKSHOPS
AND
COURSES**
**TAILORED TO YOU
AND YOUR NEEDS**



HAVING WORKED WITH MANY COMPANIES AND ORGANISATIONS AND UNDERSTANDING DIFFERENT NEEDS, THERAPYCISE CAN RUN COURSES AND WORKSHOPS THAT YOUR ORGANISATION NEED AND WANT.

**OUTSOURCED
COACHING AND
PSYCHOLOGICAL
SERVICES**
**WE WORK FOR YOU
AND YOUR BRAND**



SOME ORGANISATIONS ALREADY HAVE THEIR PRODUCT AND SERVICE OFFERING GOOD TO GO, IF THIS SOUNDS LIKE YOU AND YOU NEED A COMPANY THAT TAKES PRIDE IN OUTSOURCED SERVICES, WE NEED TO TALK.

SOME OF WHAT WE DO



A FEW FRIENDS WE HAVE **HELPED**



Chris is a **Mental Performance Psychologist** and former **Royal Marines Commando**. As the passionate and enthusiastic **Chief Inspiration Officer** of **Therapycise**, Chris loves to help his clients change and move forward in life using a truly unique set of tools called the **Therapycise Toolkit**. Having presented to many different audiences including sports teams and businesses, Chris loves nothing more than helping real people get **real results**.

HELPING YOU UNDERSTAND AND MASTER YOUR MIND



You can't live
A positive life
with



~~NO
ZERO
DAYS~~

...THERAPYCISE MEMBER TOOLKIT
**TOOLKIT
#34
IN THE BATT
OF THE BED**
REMEMBER IT'S THE START THAT STOPS MO
PEOPLE....
DON'T LET THAT PERSON BE YOU!!!



You wouldn't let
an electrician
fiddle with your
plumbing so don't
let someone non
qualified fiddle
with your mind



THERAPYCISE
LET US HELP YOU

YOUR
ONLY
LIMIT
IS YOU

**CONTACT
US
NOW
TO
SEE
WHAT
WE
CAN
DO
FOR
YOU...**

