

CASE STUDY

Peak performance, stress management, and mindset transformation.



AT A GLANCE

Client: Andrew Berry Credit Administration

Age: 39

Focus: Peak performance, stress management, family balance, and mindset transformation.

Solution: Shift mindset around performance to embrace flow, reduce stress, and achieve personal growth in sports and life.



Before I worked with Tim, I thought pushing myself to the limit was the only way to perform well. Now, I realize that performance isn't about struggle.

By learning to shift my mindset, I've found flow in my training, and I'm able to push myself further without the stress. It's not just about sports it's about how I approach challenges in life.

I'm more confident, more resilient, and I've learned to work through everything mindfully.

My communication with my family has improved, and we're more connected and supportive than ever.



ZENVAL

OBJECTIVES

Andy approached me to improve his nutrition and performance in hill and fell walking and cycling. However, we soon discovered that his true challenge lay in his mindset. He believed that pushing himself to the limit was the key to peak performance, which led to unnecessary stress and effort. Our goal was to address this limiting belief and help Andy experience training and life with more flow and harmony.

SOLUTION

We focused on shifting Andy's mindset, helping him move away from the belief that performance meant pushing himself to the limit. Instead, we introduced the concept of achieving a state of flow where training feels effortless and in tune with the body's natural abilities. This mindset transformation not only boosted his athletic performance, allowing him to hit new personal bests, but also improved his overall life balance, reducing stress and enhancing his well-being.

BENEFITS

Peak Performance through Mindset Shifts: By embracing the present moment and letting go of the belief that performance requires struggle, Andy experienced a dramatic improvement in his training, achieving personal bests and enjoying his training more.

Stress Management and Improved Mental Resilience: Andy learned to manage stress by shifting his perspective on challenges, which allowed him to perform at his peak without burnout or exhaustion.

Enhanced Family and Life Balance: The mindset transformation extended beyond sports, leading to improved communication and relationships with his family, making life more balanced and fulfilled.

Sustainable Performance: Andy learned that flow and mindfulness are the keys to sustained performance, and this new approach has helped him find long-term success both in training and in his personal life.

Ready to achieve peak performance and transform your mindset? Get in touch today to learn how our personalized approach can help you reach your goals.

CONTACT US AT WWW.ZENVAL.LIFE