



BECOME A RED2BLUE FOUNDATION COACH

VIRTUAL PROGRAMME

- Certified to coach Red2Blue using Gazing maps and tools
- Takeaway content to share with your 'athletes' including maps, tools, practice exercises and guides
- Access to digital community of coaches and ongoing support from Gazing
- Pathway to Red2Blue Advanced Coaching

“I HAVE ALWAYS BEEN A HUGE FAN OF RED2BLUE SO THE FACT THAT I’M ABLE TO NOW BE CONSIDERED A COACH IS MIND BOGGLING FOR ME”

Noah Clement

FOUNDER AT CLUBHOUSE CORP

WHAT IS RED2BLUE?

Gazing Red2Blue methodology helps people to think clearly under pressure, to make good decisions and perform to their best levels, consistently.

It is different because it is all captured on one page. All the depth without the complication, accessible and usable when you are under pressure, and tried and tested in extreme environments.

Red2Blue has helped everyone from elite professional and international sports teams, children as young as 5, school pupils, athletes, musicians, chess players, large corporate organizations, top level executives, renowned military regiments, community workers and many many others.

“IDENTIFYING MINDSET AS A SKILL WAS A REAL LIGHT BULB MOMENT FOR ME”

Rob Howley

CANADA RUGBY ASSISTANT COACH

WHY BECOME A COACH?

Red2Blue Coaching is needed now more than ever in so many areas.

Foundation Coaches will be trained how to use the Red2Blue concept to help others (any age, any domain) to recognise the effect pressure has on performance, and learn how to refocus attention when it really counts.

The certification program provides an introduction to the core foundation of the Red2Blue concept and skills. The programme will not only enhance your own mental resilience, it will provide you with a practical platform to train others.





WHAT ARE THE TAKEAWAYS?

- Participants will be provided with the core one-page Red2Blue map and supporting tools, to practice and train on an ongoing basis.
- Scenario based experiential learning which can be integrated into everyday coaching.
- You will be introduced to Gazing's unique way of delivering the concept through the use of maps and tools.
- Become part of our Red2Blue network of coaches and academy athletes, including high profile individuals from multiple disciplines and domains.

COURSE OVERVIEW

1 X 30 MIN



**INTRODUCTION
AND ALIGNMENT CALL**

○ 30 minute Group Introduction and Alignment call introducing Gazing and Red2Blue and aligning participants to the content and expectations for the programme.

2X 90 MIN



**INTRODUCTION AND
APPLICATION OF R2B**

○ 90-minute workshops **facilitated by one of the co-creators of the Red2Blue concept**. The first workshop focuses on what is Red2Blue and how the methodology can help develop mental resilience to embrace pressure situations. The second workshop places attention on the application of Red2Blue, integrating into coaching and practice delivering the concept.

1 X 90 MIN



**TEACH BACK SESSION-
HOW TO DELIVER**

○ 90-minute group coaching session providing support on how to teach and sell Red2Blue.

1 X 90 MIN



**INDIVIDUAL COACHING
SIGN OFF SESSION**

○ Final 60-90 minutes individual coaching and sign off call to test your capability to deliver the concept and complete the certification.

FIND OUT MORE

For forthcoming dates please visit
www.gazing.com

If you have any questions please get in touch.
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Email red2blue@gazing.com



@gazingtraining



Gazing Performance Systems



Gazing Performance



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