



TRACK RECORD



PERFORM
with confidence

Transforming Track Records

with Leadership Team Coaching

**aiming for world-leading performance
is not easy...**

... and that is why any athlete looking to perform at an elite level will have a support team.

In that team will be a coach and a performance scientist.

Good coaches enable performers to own their performance, learning and decisions.

→ **Great coaches help performers understand why they are driven and how to perform at their best, more often.**

Good performance scientists enhance performers, support the search for marginal gains and use relevant data to keep on track.

→ **Great performance scientists debunk performance myths establishing the critical elements required to win.**

at Track Record

we combine great coaches and great performance scientists to take an elite sports attitude to your organisation.

Our leadership coaching challenges your teams to perform with confidence, reaching new levels of performance ensuring the leadership team can unlock the human potential within your organisation.

To perform at an elite level
you need to have the confidence
that you can.

“Confidence is a key differentiator between winning & losing teams”

Confidence is a leading indicator of performance.

By increasing the confidence in your performance, you increase the probability of success.

Therefore we focus our coaching on increasing the team's ability to generate increased levels of confidence in each individual, team and organisation.

We focus our performance analysis on measuring confidence as a predictor of success and reinforce with coaching interventions to increase the probability of success.

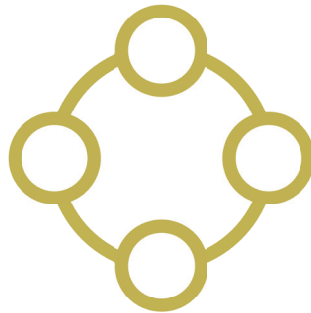
Track Record focuses on enhancing confidence that is within your control:

BELIEF IN



PURPOSE

OWNERSHIP OF



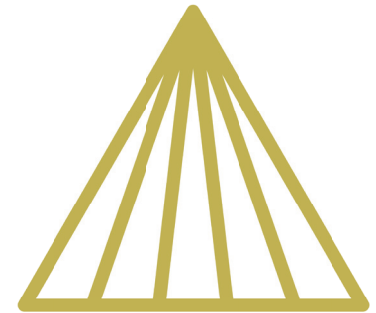
IDENTITY

CLARITY OF



WIN

COMMITMENT TO



PLANNING

By enhancing the confidence to perform that is within your control, individuals and teams develop:

→ **Growth Mindset**

Valuing progress through purpose and values, not relying on short term results for validation

→ **Resilience**

Meaning and perspective beyond immediate results

→ **Coaching & Performance Conversations**

Discussions on preset agreed criteria, encouraging relevant conversations

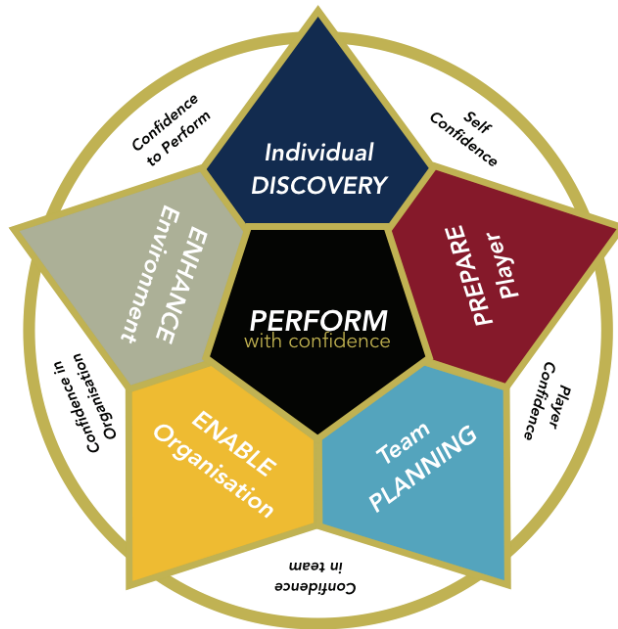
→ **Collaboration**

Shared desire to aspire towards common win, increasing the desire and need to achieve together

→ **Engagement**

Each person is able to understand their direct impact on the business

the Track Record Coaching Journey



If each person knows how to perform at their best more often



and each player is able to develop trust within a team



and the leadership is cohesive in their compelling future story



and each team and individual, throughout the organisation, feels connected and sees relevance in their role



and the environment is designed to facilitate performance

then each person within your organisation will

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the Track Record Coaching Journey

Track Record methods



Quantified Coaching

Collecting and sharing information throughout the coaching journey



Remote Coaching

Coaching over the phone and/or video conferencing



Individual Coaching

Two Track Record coaches to each leader in a confidential setting



Team Coaching

Track Record Team coaching, supporting and challenging meaningful performance conversations

your coaches



David Carry
Founder and CEO

David's Purpose: "Inspire purpose and ignite passion to fulfil potential"

During his Olympic Swimming career, spanning three Games, David developed a love for understanding and enhancing performance alongside capturing consistent traits amongst elite performers. It was the realisation of the power of coaching that triggered his study and a career as a performance coach.

Alongside his sporting career, David completed his ILM level 7 In Executive Coaching and Leadership Mentoring following studying Business Studies at RGU.



Katherine Moore
Head Coach

Katherine's Purpose: "Optimise well-being to deliver personal best performance"

During her ten years working in Olympic sport as a performance physiotherapist and then Head of Sports Science and Medicine, Katherine has mentored multiple Olympic Champions developing a passion and expertise for enabling people to achieve optimal wellbeing while delivering their personal best performance.

Alongside an MSc in Neuro-musculoskeletal Physiotherapy, Katherine has completed her ILM Level 7 in Executive Coaching and Leadership Mentoring. She joined Track Record in 2017.



Hannah Macleod
Leadership Coach

Hannah's Purpose: "To be the difference"

During her International Hockey career Great Britain transformed into one of the most successful teams in British history culminating in Olympic Gold in Rio 2016. This experience left Hannah fascinated by the coaching process to enhance performance & the impact of culture on values, beliefs and behaviour.

Alongside her PhD in Exercise Physiology, Hannah has her executive coaching qualifications and is completing her ILM Level 7 in Executive Coaching and Leadership Mentoring. She joined Track Record in 2018.



Scott Gardner
Founder and Chairman

Scott's Purpose: "Enhance the lives of high achievers"

During his 20 years in elite sport as the performance scientist and coach to gold medalists at the last four Olympic Games, Scott has developed a rare mix of commercial acumen, people skills and scientific rigour.

Alongside his PhD in Exercise Physiology, Scott has completed his Human Systems Advanced Leadership Coaching and Mentoring qualifications.

example of a 6-month PERFORM Programme





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