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POWER UP!

USING PERFORMANCE PSYCHOLOGY
TO COMPETE AT YOUR BEST.

ABOUT POWERUP!

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Power Up! is a comprehensive performance psychology program for young people. It has been specifically developed for the school, community or clinic settings.

Who is it for?

Power Up! is designed for young people aged 10 to 16 years engaged in any kind of competition or goals requiring performance management. It includes, for example, the fields of sport, music, arts, education, etc.

Why offer Power Up?

Power Up! is the first manualised program that covers developmentally appropriate psychological performance skills training for young people. It is designed to complement the work schools and clubs already do to prepare young people to manage their performance better.

What is included in the Power Up! program?

Packed with features, it incorporates a comprehensive and engaging 103 page workbook; a detailed facilitator's manual; a powerpoint presentation and optional supervision and training.

What skills are covered?

Power Up! is supported by strong research and practical experience in the field of performance psychology, all of the included areas of knowledge being part of a comprehensive set of psychological skills practiced by the world's elite performers.

There are 6 core areas and they are:

- Goal Setting
- Self Talk
- Imagery
- Focus and Attentional Control
- Arousal Regulation
- Performance Planning.

Who can offer the Program?

All schools and clubs can offer the program by simply purchasing individual workbooks on behalf of students. This will also involve a simple registration with **Quirky Kid** or Australian Centre for Educational Research (**ACER**) as part of the purchase process.



Call us today!

Call us on 02 9362-9297

<http://quirkykid.com.au>

POWER UP!

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I'm in private practice, can I offer Power Up! privately?

Yes. Clinics and other organisations working with young people can also offer the program while charging workshop fees. You'll need to register with **Quirky Kid**, complete a self-assessment form and sign a simple license. This is a great way to generate income for your practice.

You'll also count on promotional support and regular professional supervision, as required.

How much it cost?

Power Up! is affordable and prices start at \$70 per workbook. That's it. This model makes it possible for schools of various sizes to offer this fantastic program. Parents can co-pay or the school can buy the program on behalf of their students.

If offering the program in private practice, you will be able to charge an additional hourly rate based on your schedule of fees.

How can clients make a booking?

Schools and clubs will arrange session according to their needs. However, if offered by a private practice bookings will need to take place online via a dedicated website that will manage the booking process. We will also dispatch the workbooks and confirmation details on your behalf.

How much should I charge my clients?

Recommended rates depend on a number of factors. Usually recommended rates range between \$50-\$70/ hour per participant. Most sessions would last at least 3 hours.

What do we do next?

Contact us to arrange a visit or pop in at a Quirky Kid office.





POWER UP!

Book an Information session:

Available through Quirky Kid Shoppe

E info@quirkykid.com.au **T** +61 2 9362 9297

www.quirkykid.com.au/shop

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