

Be World Class

“Judge me by my results”

Allow people & teams to achieve their optimal performance consistently by helping them to...

- Manage their head-space.
“You either control your head-space or it controls you”.
- Dissolve the barriers that stop them from realising their potential.
“Most of the time my job is not to add anything, it is to take away the things which stop people from being the best they can be”.
- Create simplicity & focus.
“My job is to strip away the complexity, and allow people to get on and perform”
- Release their mental hand-break.
“It’s true that most of us go through life with the hand-break on. Letting go is an art!”
- Crack under-performance cycles, performance anxiety, lack of confidence or poor form.
“I spend a lot of time helping people to turn their performance around and break the negative spiral – mistakes = lack of confidence = thinking too much = mistakes”
- Bust performance plateaus.
“If we do the same things we’ve always done, we get the same results we’ve always got. I get people to live in and love their discomfort zones”
- Boost motivation.
“It’s tough to be motivated at times, especially when you get set-backs. I’ve helped a lot of people re-discover their motivation & focus on their dreams”.
- Create rock-solid confidence.
“For a lot of people, confidence is a little hit & miss. If they’re doing well it’s there. If they have a rough patch, it’s gone. I’ve helped a lot of athletes take control of their confidence so that it’s not hit and miss, it’s a given”.
- Develop *true* mental strength.
“For me *true* mental strength is the ability to keep playing your game in the face of adversity. So many athletes start forcing it and making mistakes when they’re under pressure, or they allow external influences to knock them off course”.
- Engineer peak performance states.
“Very few athletes actually know how to ensure that they perform at their best when they need to. For most it’s more like flipping a coin. Most go into a performance hoping that it’ll come good, not knowing it will”
- Unlock their creativity.
“Most athletes perform best when they ‘just do it’. Thinking less, not more, works for most but a lot of athletes find it hard to stop thinking”.
- Build consistent optimal performance.
“It’s the \$64 million question for most performers. When you understand the basic ingredients, it’s actually not that hard to do”.
- Understand themselves
“It’s one of the greatest keys to long term success in my book!”
- BE THEMSELVES!
“The ultimate route to success and a happy life. It’s a gift I’d bottle and give to every human being if I could”.

What do I do?

Simon Hartley

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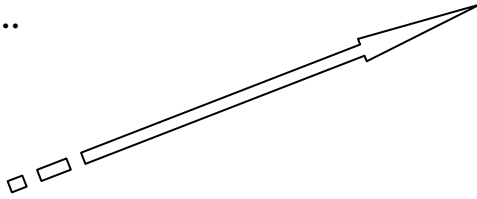
What's Simon's Real Expertise?

"I really specialise in helping people achieve their best performances consistently. I help people perform - no matter what happens, whatever the situation or environment, no matter what the papers or TV says, no matter what the competition does, whether it's raining, windy, sunny or snowing, earthquakes, disasters or sabotage – I help people to thrive and perform".

From...



To...



First Class County Cricketer

At the start – He was so anxious that he couldn't release the ball from his hand when he was bowling.

When we finished – He finished the season averaging 4 wickets per innings, renewed his contract and knocked 2 shots off his golf handicap!

Premiership & England International Footballer

At the start – The club asked me to work on 'anger management' with him. He was getting far too many yellow & red cards.

When we finished – He not only became calmer & more focussed, but his performance increased in the last 15-20 mins of the game.

GB Olympic Swimmer

At the start – He had difficulties maintaining consistent performance & confidence at World Student Games.

When we finished – 8 years on, he finished his career as a double Olympian with 2 Commonwealth Golds.

Super League Rugby League Player

At the start – His confidence was shot to bits; he started to think too much, he was dropping balls, making bad decisions and giving away penalties.

When we finished – Following an hour together, he was man-of-the-match in his next game.

England International Golfer

At the start – He was a very talented county player but his game was fragile. If he made a couple of mistakes he would start to think too much and his game could crash within a couple of holes (from birdies to bogies).

When we finished – He was an England International who was renowned for his 'solid' game and mental strength.

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International Rugby Union Player

At the start – Our player was just emerging into the full international side. They were having a little trouble with consistency in their kicking game. They also knew that their best performances happened when they played intuitively and ‘in the moment’ but they found it difficult to stop thinking.

When we finished – The player had captained their country for the first time having built a solid kicking game and playing natural, creative rugby.

Professional Motor Racing Driver

At the start – He was cracking under pressure and was on the verge of depression following a number of poor performances. He was 10th out of 14 in the championship and was concerned about his future in the sport.

When we finished – He was 2nd in the championship with 1 race to go and driving well in a car that was under-performing.

International Long Jumper

At the start – He was training well but couldn’t translate it into performance. He was suffering under the pressure of competition and was not producing near best jumps.

When we finished – We did 6 sessions over a 6 week period, culminating in a p.b. and 2nd place in the 3As National Championship (Olympic trial).

Market Leading Insurance Company.

My work covered 2 specific areas.

1. Enhancing performance of a sales team.

The team had been given a 150% increase in their sales target from the previous year. Daunted by the prospect, the sales manager asked me to work with the team to increase their performance. The program spanned a 12 week period (1st Quarter), after which the team exceeded its target which added £2.5 million to the top line.

2. Stress Management

I was asked to provide a stress management program across a wide variety of teams within the company. This involved both ‘front line’ delivery to teams and strategic input with management. As a result of the work, stress levels improved by as much as 36%.

Market Leading Financial Services Company.

I have delivered a number of sessions to an elite management team within the company, during the last 3 years. Each of the sessions focussed on a slightly different element of performance enhancement, such as ‘raising the bar’, ‘motivation and change’ etc.

At the moment, we are constructing a programme of work to address the following issues;

- o Enhancing the effectiveness of an elite sales team.
 - Realising the sum of the parts & unlocking the knowledge, experience and skills within each individual.
 - Ensuring that an engine made up of great components runs with perfect timing and produces optimal performance.
 - Increasing efficiency and productivity of individuals and the team.
 - Creating an effective performance culture.

First Class County Cricket Club

The club had been under-achieving with a relatively high number of international players. We worked for 2 years of work to build a World Class culture within the squad, build an effective goal-setting program, develop leadership, communication & coaching structures and increase individual performance. In the 3rd year, the club won the County Championship.

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International Rowing Crew.

A GB Rowing Crew was heading for the World Championships as massive underdogs. They were physically smaller and less experienced than every other crew in the competition. Even their own management didn't give them a chance of coming home with a result. Following an 8 weeks program of work with the crew and coaching staff, they returned with a bronze medal.