



Condor Performance™ Schedule of Options for Mental Toughness [Metuf™] Training and 1-on-1 Sport and Performance Psychology Services for U.K. Based Clients

We offer six month-by-month **Mental Toughness Training** options that cater for all budgets, locations, ambitions and roles. There is neither a contract nor a minimum number of months and all options can be paused, cancelled or changed at any time. The Hawk option is not available to new monthly clients for their first month, as it would limit our ability to create some mental momentum but is available as of the second month.

Rates are in British Pounds, inclusive of all taxes and apply to those commencing after 1st January 2023.

Monthly Investment	HAWK	FALCON	HARRIER	EAGLE	CONDOR	ALBATROSS
When working 1-on-1 with one of our Sport / Performance Psychologists	£ 79	£ 154	£ 218	£ 269	£ 370	£ 558
Please Note:	This option is NOT available to new monthly clients for their first month	1 x free 30 minute Kick Start Session	1 x free 30 minute Kick Start Session	1 x free 45 minute Kick Start Session	1 x free 45 minute Kick Start Session	1 x free 45 minute Kick Start Session
Inclusions:	30 minutes: Flexible Consultation Time (half an hour) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ	60 minutes: Flexible Consultation Time (1 hour) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ	90 minutes: Flexible Consultation Time (1.5 hours) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ	120 mins: Flexible Consultation Time (2 hours) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ	180 mins: Flexible Consultation Time (3 hours) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ	300 mins: Flexible Consultation Time (5 hours) Metuf™ mental methods / content Unlimited emails and text messages Ongoing analysis via appropriate MTQ

