

Lionel Fairweather



Lionel Fairweather is a Chartered Psychologist with the British Psychological Society. He is a member of both the Division of Sport & Exercise Psychology and Division of Occupational Psychology. He has over 20 years experience as a coach, trainer and consultant and has worked in the UK, Europe, USA and Asia. His clients have included a number of high profile organizations including the Ministry of Defense, numerous US Federal authorities and Universities.

Lionel has been an extreme sports athlete since 1985. As such he has participated in numerous

challenging events including 2 expeditions to Mt. Everest. As a wilderness instructor based in one of the harshest environments on earth Alaska, Lionel lead numerous expeditions and taught survival techniques that have to be used directly to keep people alive. His military experience including three operational tours to Southern Afghanistan, has required to application of the same level of mental and physical toughness. Lionel's sporting achievements have been attained in rugby, skiing, mountaineering and sailing.

Using best practice in psychology including such techniques from;

- Psychological assessment (Psychometrics),
- Neuro Linguistic Programming (NLP),
- Cognitive Behavior Therapy (CBT),
- Emotional intelligence (EQ),

Lionel practices psychology to boost performance across all aspects of sport or exercise in following ways:

- Boost motivation
- Increase confidence
- Manage nerves
- Develop powerful imagery and visualization skills
- Improve concentration

In the longer term, the application of sound psychological techniques can help you set effective goals for your season and performance.