



Meadow Wellbeing



*“The Winning Formula”*

*Turning DISTRACTION into DISCIPLINE*

*Online workshop  
Orienteering*

# About me



Compass Sport Cup heat  
March 2023 - Worth  
Lodge

Day 3, Scottish 6  
days 2023 -  
Roseisle

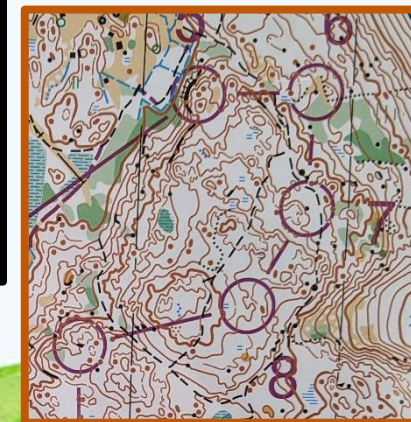


- Name: Rachel Collins
- Age class: W21
- Club: DFOK (over 15 years) and Malungs OK Skogsmårdarna (1 year)
- Current town: Falun, Sweden
- Favourite terrain: Almost anything technical, although not too rocky!
- Education: BSc and MSc in Sport and Exercise Psychology, Therapeutic Coaching™ diploma
- Work: Owner of Meadow Wellbeing, satellite school cartography for DFOK, part-time gym receptionist



Tenerife camp

Swedish league  
Oct 22



*The aim- to deliver a workshop series unique to orienteering by combining my knowledge of Sport Psychology and tools from Therapeutic Coaching*

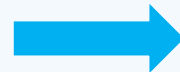
*What will I learn? You will be provided with information and the necessary skills to narrow your focus to just navigation whilst orienteering. Allowing you to produce a race you can be satisfied with!*

*(route choice)*

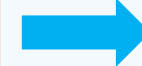
*(attack point)*

*(control point)*

*A workshop series  
made up of 5  
sessions, each building  
on from the previous*



*Full attendance and  
an inquisitive mind*



- Awareness of self*
  - Understanding and learning of the subject areas*
  - Practical tools to use*
- = improvement*

# Dates and Topics

(UK times)

Workshop 1 – Mon 2nd October, 18:30-19:30

Workshop 2 – Mon 13th November, 18:30-19:30

Workshop 3 – Mon 11th December, 18:30-19:30

Workshop 4 – Mon 19th February, 18:30-19:30

Workshop 5 – Mon 11th March, 18:30-19:30

Workshop 1 – Laying the foundations

Workshop 2 – Focus / states

Workshop 3 – Visualisation / mindfulness

Workshop 4 – Negative self-talk

Workshop 5 – Your bespoke formula

# Booking procedure

Simply email me at: [rachel@meadowwellbeing.com](mailto:rachel@meadowwellbeing.com) to book your place or to ask any questions beforehand.  
Please include:

- Your name and club name
- Whether you require an invoice

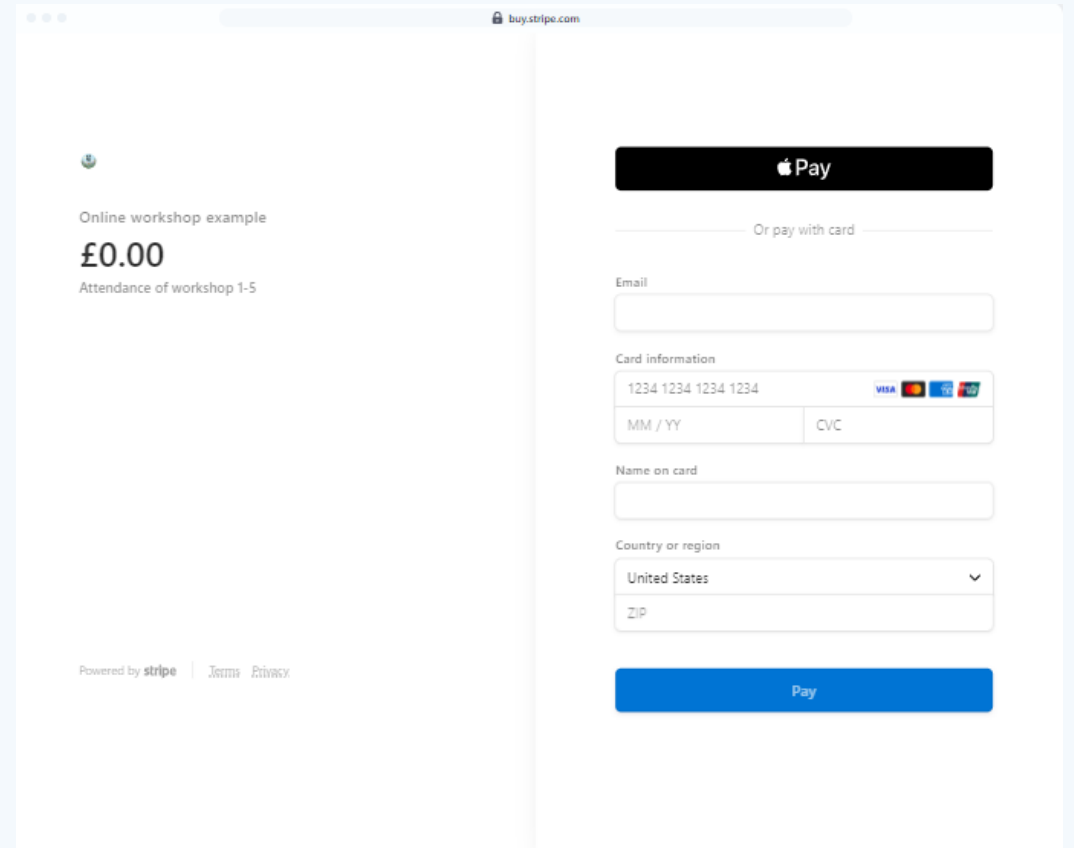
You will then be emailed the specific link and a gentle reminder of the upcoming sessions the week before they commence.

# Payment procedure

The cost of the remainder 4 workshops is £25.00.

Once you have emailed me to book your place I will send you a Stripe payment link which is to be paid within 5 working days.

Click on the secured link to pay via card online – you will be sent to a webpage that looks like the one opposite. Simply insert your details and press pay. Any questions, please do feel free to get in touch.



The screenshot shows a Stripe payment page for an online workshop. The page is titled "Online workshop example" and shows a price of "£0.00" for "Attendance of workshop 1-5". The page is powered by Stripe and includes links for Terms and Privacy. The payment method is set to "Apple Pay", but there is an option to "Or pay with card". The card information form includes fields for Email, Card information (number, MM / YY, CVC), Name on card, Country or region (set to United States), and ZIP. A blue "Pay" button is at the bottom right.

buy.stripe.com

Online workshop example

£0.00

Attendance of workshop 1-5

Powered by stripe | Terms Privacy

Apple Pay

Or pay with card

Email

Card information

1234 1234 1234 1234

MM / YY CVC

Name on card

Country or region

United States

ZIP

Pay

*Thank you and I look forward to seeing you*

