

CONFIDENCE, REJECTION AND WELLBEING.



- We have a tangible and adaptable syllabus alongside a series of workshops and coaching services that have a unique approach to mental health education and confidence skills for players after football.
- This will equip them not just with confidence but with life skills and help them develop their own mental health 'toolkit' and positive path. for better decisions.
- We offer a unique Performing arts-based workshops to improve communication and confidence for careers in and beyond football
- We work on all things identity and understand players need a holistic approach to personal development

MORE THAN WELLBEING WORKSHOPS

- **GOAL SETTING SKILLS**
- **REJECTION**
- **DESENSITISATION**
- **CHARISMA TRAINING**
- **NEUROSCIENCE**
- **IDENTITY WORK**
- **COMMUNICATION SKILLS**
- **BODY LANGUAGE**
- **DIRECTION WORK**
- **LEADERSHIP**
- **INTERVIEW SKILLS**



Gracias Solution

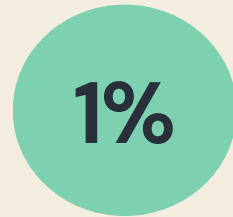
SINCE 2017 WE'VE OFFERED
WELLBEING AND
PERFORMANCE SOLUTIONS.

CASE STUDY - DESELECTION

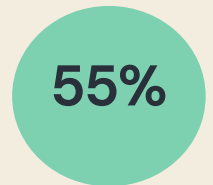


WHEN FOOTBALL HAS BEEN ALL YOU'VE KNOWN ...WHAT DO YOU DO NOW.

“Put yourself in these boys’ shoes. From ages as young as nine they believe they will achieve every young child’s dream. Now imagine that by 21 your dream comes crashing down as you’re told that you’re not good enough. Some of course will have a backup plan. But the pain of being ‘let go’ will linger and can affect some more severely than others “ – shout out uk



Of players ‘make it’ and the rest are left to find a new identity.



Of players released report Mental health issues.

teenager, inquest told

© 9 November 2021



PA MEDIA

Jeremy Wisten wanted to emulate Vincent Kompany

A footballer who killed himself after he was released by Manchester City did not feel he got the "right support" following an injury, an inquest heard.

Jeremy Wisten was 18 when he was found hanged at his family home in

This is Jeremy Wisten who tragically took his own life post release.

The inquest heard he had not had the right support and had found it 'difficult' to see his other sporting friends succeeding ahead of him.

“Wisten's father, Manila, told the inquest that failing to find a new club and City's lack of support were contributing factors in his son's suicide.- ESPN”

I navigated the pressures of a high-profile career at a young age, particularly during my time on Coronation Street in my teen years. Witnessing my younger brother face similar challenges as an academy player has ignited a passion within me to support him and others in the academy system.

I aim to assist my brother and these aspiring athletes in fostering a strong sense of identity, building unshakeable confidence and honing skills that not only enhance their opportunities in football but also equip them with a Neuroscience based toolkit for their mental wellbeing.

I aspire to empower these young players to navigate the complexities of their careers and identity.

–Ella–Grace Founder



6 YEARS OF SUCCESS WITH OUR AWARD WINNING TECHNIQUES

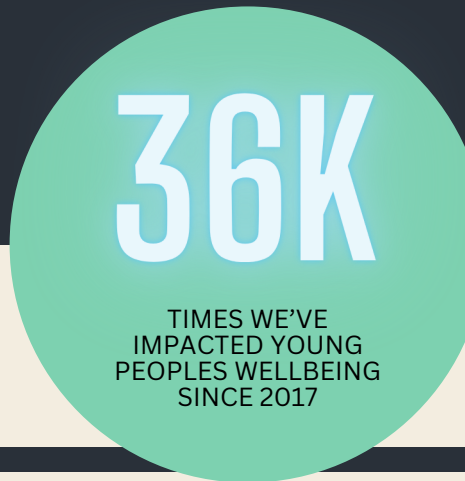


Our roots stem from our partnership with Streetwise Community and EGG Performing Arts and Wellbeing charities.

Because of this, our mission is to have a greater impact on individuals.

We understand that players come to us with unique challenges and goals and we take a tailored approach to each engagement to ensure that we deliver the results they need.

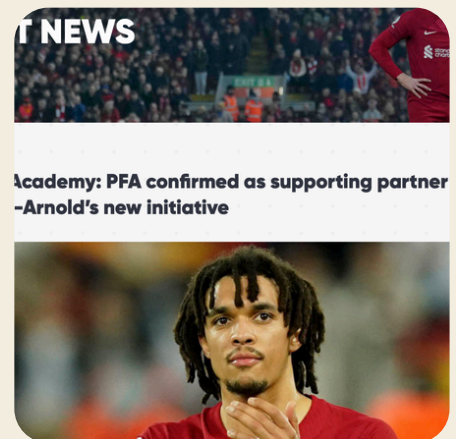
We measure our success not just by the services we provide, but by the hundreds of testimonials we have had over the years.



AN INSPIRATION -TRENT'S CONVERSATION

Founder of The After Academy, Trent Alexander Arnold said:

“if things didn't work out the way they did I could have been one of those being told the dream is over. I'm fortunate to not know what that conversation is like but I know from my friends and other former players how hard it hits and how tough it can be.”



PERFORMING ARTS IN OUR WORKSHOPS

Secrets From Actors ...

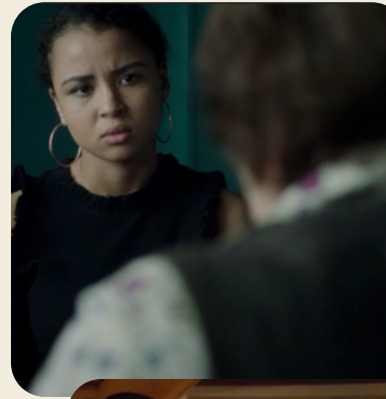
Many techniques we use are based on the secrets of actors and TV.

I believe that most things in your career are a performance and it is important to have the correct tools to appear confident, relatable and likeable.

It is also important to have the skills to deal with pressure, rejection and have a strong interpersonal relationship/identity, everything an actor and footballer must work on.

Drawing from 11 years of professional onscreen experience collaborating with esteemed personalities like Bill Nighy and working across channels such as Sky and ITV, I include confidence and charisma hacks that will ultimately help players in all areas of life, especially life after football.

Some of these include mastering control, posture, voice inflection, cues and beats, reading the room, projection, body language and projecting confidence even in moments of self-doubt. I also teach lessons around rejection a well-known experience to actors.



"Ella-Grace is a relatable practitioner to the young people she engages. She makes the activities exciting and takes the young people on a learning journey where over time you can see them grow in skills and confidence. Ella-Grace is adaptable to changes in groups and situations which meant that working with her was unproblematic as she doesn't have a one-size-fits-all approach and that all the needs of the organisation and the individuals are considered. "

The Ministry of Defence



Ella-Grace led a brilliant session addressing Mental Health within the context of charities, offering valuable insights into self-support strategies within the movement building space. Drawing from authentic personal experiences, she seamlessly integrated practical tips to foster mindfulness. Ella-Grace's excellent presentation skills, marked by warmth and confidence, further enhanced the session. Additionally, she established a virtual platform for young activists, particularly for those in the northern regions, to collaborate on various opportunities. I'd highly recommend her sessions!

Rhia Danis UN Women Delegate for CSW67

"Ella-Grace's workshop was really insightful for me. She turned complex concepts into understandable analogies to make learning much easier for me. She also provided a range of tips for action the theory - I have now sorted out my social media habits and will start journaling as a New Years resolution! Would absolutely recommend attending this workshop"

Grace Cheyney - Mayors Office for Policing and Crime



TRUSTED IN SECTORS SUCH AS:

- THE ARMY
- FILM AND TV
- THE CHARITY SECTOR
- CORPORATE SECTOR
- YOUTH SECTOR

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FOUNDER, ELLA



My journey as a former child actress deeply resonates with the challenges young athletes face in the football world.

Growing up in the entertainment industry I've experienced first-hand the weight of rejection, the immense pressure to perform and the struggle of shaping my identity.

Having walked a similar path and watching my family in football, I bring more than just consultancy services—I bring empathy, first-hand knowledge and relatability to the table.

My journey through the highs and lows of the entertainment industry combined with mental health proficiency has equipped me with insights, strategies and a deep empathy for managing setbacks and pressures.

Recognised through awards such as the Fylde Sports Award for Wellbeing, Under 25 Global Legacy Award and The Virgin Young Change Maker Award, I'm dedicated for my work to be exceptional and to steer players to results.

My consultancy also draws from my extensive experience on TV aiming to equip athletes with crucial communication, confidence and media handling skills necessary for their success.



TO FIND OUT MORE VISIT :

www.graciagroupltd.com