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Intro

At Sporting Success, we aim to help you achieve your most important personal goals, whether in sport, business or education.

Our clients range from junior to international level athletes, professional sports teams to corporate organisations and pupils, teachers and parents. We'll help you identify and reach your potential, grow and develop as a person, and enable you to enhance your performance through psychological channels, whatever your age, ambitions or career stage.

Twitter feed [Rebecca Symes (@SportingSuccess)](https://twitter.com/SportingSuccess?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

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sport

Surrey County Cricket Club's Academy has a strong history of producing home grown players for its professional squad. The Academy programme has a multi-disciplinary approach to elite player development; the role of sports psychology plays a crucial role in ensuring that we produce players with the right mental attributes in the high performance environment.

Rebecca Symes has been the resident sport psychologist since 2007 and has been responsible since then for ensuring all our elite young cricketers are prepared for the rigors of intense training and competition.

She has provided a highly organised and player focused approach which has integrated into our overall programme.

Rebecca's professionalism has been abundant throughout her time with us and her highly personal approach has created an environment from which all our players feel comfortable within the realms of sports psychology.

Her impact has been significant and she will continue to play a crucial role in the future development of Surrey cricketers.

Gareth Townsend, Academy Director, Surrey CCC.

I have been a Professional MMA fighter for just over a year now with a fight record of 4 wins, no losses and a British Championship Title. Coming from a Sports Science University back ground I was very aware of the significance of psychology for sporting performance, so I asked one of my lecturers if she knew a good Sports Psychologist to help me prepare for fights.

I was subsequently referred on to Rebecca Symes of Sporting Success. I employed the services of Rebecca in preparation for my first MMA fight. I was so pleased with her input and help that she has been with me ever since; she amazed me with her knowledge and abilities in this field.

Together we have conducted various tasks, tests and implemented certain principles specific to my requirements that have drastically improved my performance, emotional control, speed of learning and much more. All of the areas we have worked on have improved massively.

I would highly recommend Rebecca to anyone who is looking to improve in their sport; she is a truly fantastic resource for personal development and improvement.

Nick HeadHunter Chapman.

Rebecca has delivered a number of workshops to young athletes at county athletics squads and academy development days. The workshops were interactive, informative and fun. Her ability to involve and motivate the athletes was outstanding and many athletes have gone away and used the techniques she suggested. Rebecca tailored the workshops to meet our needs, timescale and budget and I would recommend her to anyone.

Peter Le Rossignol - Founder of On Track Athletics and Former Kent Athletics Development Officer.

business

Rebecca is an incredibly warm, energetic and caring person. Her flexible and positive approach allows me to better understand the issues and barriers, which can prevent me from achieving my best. Her support gives me focus and motivation as well improving my decision making, which leads to excellent business outcomes.

James Barber, CEO Harlequin Solutions.

education

As part of our AS/A2 PE syllabus we cover Sport Psychology as one of our major modules and I was delighted to have Rebecca come in to Epsom College and lecture to some of our more senior pupils. She covered the topics in both an entertaining and informative way and her rapport with the students was excellent. In essence she really did genuinely impress both with her knowledge and delivery. She has resources to hand, video clips to supplement her topic and questions to challenge the more able whilst keeping the others still firmly engaged. Her focus and drive never faltered throughout and I look forward to welcoming her back in the future.

Fiona Drinkall, Director of Sport, Epsom College.

We sought help from Rebecca after our son was displaying signs of stress which were evident at home on a day-to-day basis leading up to end of year exams. Rebecca was able to diffuse the situation which had developed at home by providing our son with a mental map to his emotions, giving recognition, credence and the appropriate weight to his concerns. After half a dozen sessions our son has adopted his own personally devised and child specific coping mechanisms which provide the pegs upon which he can and does hang up his emotions and difficulties. Rebecca is performing the valuable function of assisting a pre-adolescent boy and his parents through the minefield of growing up.

Natasha, mum of Alex aged 9.

Rebecca came into my year four class to lead a workshop on how to have a healthy attitude towards sport. Rebecca was very enthusiastic and the children took a lot from the workshop. She led a discussion on sportsmanship and how to take away positives from sport even when you lose. This was an excellent workshop and particularly relevant in a society where children do not experience losing at sport and thus find it very difficult. I hope she will come and do another workshop in the next Healthy Schools week!

Sam Birnage, Year 4 Teacher, Grove Park Primary School.

In the media

Pick 3 blog articles

* BBC Sport: [Adcock and White, partners on and off court, target Olympic Gold](http://www.bbc.co.uk/sport/0/badminton/21660639)
* Channel 4 News: [Whatever happened to Brits losing?](http://www.channel4.com/news/andy-murray-justin-rose-british-sport-winners)
* Channel 4 News: [Why a happy Andy Muray is a winning andy murray](http://www.channel4.com/news/andy-murray-australian-open-tennis-happy-murray)
* Podium Sport Journal:  Understanding Athletic Identity: ['Who am I?'](http://www.podiumsportsjournal.com/2010/05/24/understanding-athletic-identity-who-am-i/)
* Podium Sport Journal:  Injury and Depression: [What Every Coach & Sports Medicine Specialist Should Know](http://www.podiumsportsjournal.com/2011/05/27/injury-and-depression-what-every-coach-sports-medicine-specialist-should-know/)
* Your MMA.TV: [Training With A Purpose](http://www.yourmma.tv/training/details.asp/c/3/id/58/training-with-a-purpose.htm)