



**Matt Nichol : Holistic High Performance**



Matt Nichol is a veteran strength and conditioning coach who has trained professional and elite amateur athletes since the late 1990's, working with numerous individuals and teams. Explore some of the concepts, methods and modalities that Matt has successfully used with these human beings who happen to play professional sports, and discover how they can be used interchangeably with people of all ages and ability.

**TOP EMBODIMENT TIP:**

*“What is the one thing that you must do such that by doing it everything else will become easier or necessary?” (Gary Keller)*

Always ask WHY? Why are you looking to become stronger, faster, bulkier, leaner, more flexible, more powerful? The purpose creates the motivation and informs the approach.

**Keep It Simple: Use Plain, Everyday Language That Others Readily Understand**

- Coaches know and understand the technical jargon, the scientific concepts, the biomechanical, anatomical and physiological terms and can engage in conversation with other professionals in this way. Clients may, or may not understand these and it is important to speak in language that the client easily understands.

**Physiological Priorities: Your Body Doesn't Care How Much You Can Bench Press or if You Are Good at Sport. It Just Wants to Live from One Day to the Next**

- Getting enough sleep is the overall optimum factor in achieving a healthy lifestyle.
- Priority 1: Your brain needs to keep well nourished, well hydrated and safe.
- Priority 2: Your gut needs to keep healthy.

**Fun is a Serious Business: Make it Mandatory to Play Games and Activities Away from Your Sport, Which Incorporate Movement and Are Fun.**

- Peak Athletes do not train 100% of their time in the sport they perform in. Mandatory Sports and Activities for **FUN**, such as volleyball, soccer, squash, boxing and tag for Ice Hockey Players allow them to hit peak heart rates and train footwork whilst enjoying themselves.

**Know your Autonomic Nervous System: There is No One Size Fits All for Peak Performance**

- Optimum performance occurs across an arousal curve and individual peaks may occur anywhere on the curve between parasympathetic and sympathetic engagement. Tools for engaging either, in order to reach your peak may involve breathwork, meditation, or other stimulation or relaxation.

**Resources**

- ❖ **References:** Paul Chek; Maslow's Hierarchy of Needs



## Matt Nichol





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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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