



# THE NEAT SYSTEM

TEACHING YOU HOW TO  
BUILD SUCCESS

PURPOSEFULLY AND DELIBERATELY  
DESIGNED TO HELP YOU CREATE  
CHANGE FOR IMPROVED EXPERIENCES  
AND OUTCOMES IN YOUR LIFE AND  
CAREER





# Who are you?

You want change now. You've tried your best to improve your situation but nothing gives you the results you desire

You have a reason to improve and move forward

You seek out opportunity rather than reject new ideas and concepts

You are open-minded to learning new concepts and strategy

You appreciate and recognise the value of Accountability, Balance and Calm and need support to help you take action



## **Your Focus**

To find the relevant, deliberate and purposeful solutions to help you improve your life or career

## **Your Mission**

To implement solutions now! You want a better life or career. You're ready to try new things and the NEAT System sounds interesting.



## **My Focus**

To provide you with only relevant, deliberate and purposeful solutions to help you improve your life or career

## **My Mission**

To provide solutions to you now. It's my aim to share with as many people the NEAT System so they can experience improved lives or careers.



# What is the NEAT System

The NEAT System is a set of principles, taking the most effective parts, disregarding the useless parts and integrating my own spirit from experience, training and research.

By taking these principles to help you understand your thoughts, then enhance your thoughts and therefore behaviours, your life or career can improve quickly; a lot easier than you imagine right now.



## What is the offer?

A revolutionary program deliberately created, integrating strategy from sports, self-development concepts and Harvard Business School

## How does it work?

This is about your growth and development and we work together to help you understand why you think, how to think differently which leads to different outcomes.

I will coach you through discreet one to one support via Skype, Emails, and calls for up to 12 weeks or until you reach your desired goal, wherever you are in the world.



# How do I get started?

email [mike@elitesportsminds23.org](mailto:mike@elitesportsminds23.org) or  
call +447946279135

## Typical Fees

To be discussed during the  
consultation

*"Knowledge isn't to be avoided, but to  
be embraced"*





# Who am I

Mike Nichols - Director and Lead Performance Coach

I have a passion for excellence:-

- Former training and development consultant for a National company
- Voted the best player in England at U19 level as a 17 year old
- Voted one of the 20 best players in National league division one (second tier of British basketball)
- Professional coach as an Assistant at the Manchester Giants basketball team
- Current Director of a winning National league division 3 team. Gained promotion in the first year, attracting high calibre players within budget
- CBT certified | NLP Master Practitioner | Life Coach certified



# TIPS TO DO RIGHT NOW USING THE SYSTEM

Eager for change now? Here are three things you can do right now

- Stop procrastinating - Trying to figure out the best way forward can leave you frustrated through lack of action. Make a decision and go for it, knowing at the very least you will learn.
- Reach out to someone you perceive to be in a better position than you and ask to pick their brains. These people know what to do
- Comparing yourself to others who are doing better than you has two outcomes. Inspires you to be improve or builds resentment. Which do you choose?

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