

Jenna Woolven

Team Coach



“Whilst I am a lover of all sports, hockey was my main passion for many years, and something I dedicated much of my life to. Being involved in an elite sporting setup is what sparked my curiosity and fascination with the power of mindset and its relationship with performance. It then led me to a career in high performance sport and business, and I could myself be lucky that I get to continue exploring the ingredients that lead to high-performance and happiness.”

“I am a Chartered Psychologist and Performance Consultant working in business, government, sport, and education sectors. I was former psychologist at England Football and bring acute insight into the key ingredients of a high-performance culture.

Working with individuals, teams and organisations, I develop bespoke programmes which enable organisations to maximise their teams’ potential and create the right tools, leadership and environment to thrive.

I draw from experience and knowledge of performance psychology, coaching, sport and organisational research to provide engaging and pragmatic solutions. In my youth I represented England Hockey and played hockey professionally in Germany and Australia. I have a love for all sport and have undertaken various physical and mental challenges such as an Ironman Triathlon and have been lucky enough to trek to Everest Base Camp. I love to spend time with my family and friends and my two beautiful dogs. Exploring the countryside or mountains is one of my favourite things to do.”

Client View

“Jenna uses her own performance experience to help challenge your thinking patterns. She has the humility to listen to individuals or to ‘the room’ and it feels like the session is all about you, not her. Jenna’s session encouraged me to have a very different conversation with my team.”

Colleague View

“I have found Jenna to be one of the most dedicated and inspiring professionals I have come across. Jenna pushes herself to achieve excellence in all areas of her life and is a great role model for those in the sports, business or education arenas that can benefit from her coaching services. Jenna has shown great resilience and determination in achieving her own goals, and her knowledge and skill in supporting others to be resilient, and be the best they can be, is exceptional.”

Qualifications

- › Chartered Sport & Exercise Psychologist
- › Member of the Health & Care Professions Council
- › Executive Business Coach
- › 1st Class Honors Degree in Psychology
- › MSc in Sport & Exercise Psychology

[Watch Jenna’s introduction video here](#)