

To Whom It May Concern:

Kathryn Berkett of ENGAGE has been working with NZRugby for a number of years. I first encountered Kathryn when she presented neuroscience information to a conference I attended. I immediately recognised the potential this information had for assisting our coaches and coach educators.

Kathryn then worked closely with NZRugby to ensure she developed relevant and transferrable information, based in neuroscience, to deliver to our coaches and educators. I have been incredibly impressed with how she has been able to communicate such complex concepts in a way that is easily understood by all those who have heard her. Her delivery style allows our coaches to interact and unpack the information during the sessions. For our staff, this is a hugely important aspect of training, and greatly increases their retention. I have had many staff come to me months after hearing Kathryn and refer to some piece of information she delivered. This, for me, shows how relevant this information is to what we do and the value it provides to our day to day roles working with players and coaches.

The way that Kathryn trains, allows us to understand this information to a level that means we can truly adapt it to create individualised understanding. In this time of increased performance, this information can give us such an edge. The multiple trainings Kathryn has delivered have all had very positive feedback, and we will be continuing to use Kathryn for trainings and conferences throughout 2017.

I fully recommend Kathryn as a trainer for your organisation, whether you are sport based or not. Feel free to contact me if you would like any further information.

Regards

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