EMOTIONAL INTELLIGENCE

Master Self. Influence All.

Sports Environment(s)

"Players must learn how to deal with anxiety, pressure, and stress because it all transfers into their physical performance. Footballers are rarely exposed to this level of education. I absolutely recommend working with Nick"

Elabbas Eltigani

Head Scout, Crystal Palace Football Club

English Premier League

Developed by **Nick Atzeni Ltd**

London based, operating Globally

Mastering the Human Element in Elite Sport
Nick is an integrative coach in Advanced Emotional Intelligence, specialising in High-Stakes Performance for athletes, coaches, and sports executives. His work focuses on the 'clutch moment', where mindset and emotional regulation determine the outcome.

A Bridge Between Science and the Field
With specialised training from Harvard Medical School and the University of Oxford Business School, Nick moves beyond traditional sports psychology. He integrates the precision of applied neuroscience with the strategic discipline required in professional football and elite athletics.

Global Impact & Sporting Authority
A member of the Association for Coaching UK, Nick utilises psychometric EQ assessments registered with the British Psychological Society. His methodology has been implemented across four continents, supporting some of the world's most demanding sporting environments:

- **Elite Football:** Premier League's Crystal Palace FC, Aston Villa Foundation, and USA's MLS FC Cincinnati.
- **Global Academies:** Dinamo Zagreb Academy, Abuja Elite League, Lesotho Football Federation, and many Academy Managers privately.
- **Strategic Governance:** SELA (Jeddah), Strathmore Business University, and the Italian Chamber of Deputies.

The Philosophy of Peak Performance
For a Player, Coach, or Director, emotional regulation is the ultimate tactical tool. Nick helps sporting organisations to turn internal friction into collective momentum.

"We develop the wisdom and emotional farsightedness required to lead, perform, and win under pressure."

Tools & Benefits

1/3 - The Performance Unit (Players)

Recommended for elite athletes and sporting leaders aiming to master their emotional landscape under pressure

ESi Emotional Sport Inventory

A psychometric assessment specifically engineered for the athlete, mapping resilience, focus, and performance-anxiety management.

Benefits

Master the "Clutch Moment." Players learn to regulate their inner state to maintain technical excellence through peak external pressure.

2/3 - The Strategic Unit (Coaches & Technical Staff)

Targeted for Managers, Tactical Coaches, and Scouting Departments.

ECR & ECR 360 Assessments

In-depth evaluations designed to map leadership impact and the ability to maintain clear communication under match-day stress.

Benefits

Consistent Leadership. Coaches develop the "emotional farsightedness" required to manage dressing-room dynamics, preempt conflict, and maximise each player's psychological ceiling.

3/3 - The Governance Unit (Owners & Directors)

Targeted for Sporting Directors, CEOs, and Club Board Members.

ECR 360 Feedback Audit

A comprehensive analysis of leadership perception across the entire organisation.

Benefits

Systemic Vision. Aligning ownership's long-term vision with the realities of the pitch, creating a high-performance culture that delivers a measurable return on both human and sporting assets.

"Nick's services are something we needed as footballers, and can truly make the difference in becoming a professional footballer. He has been working with my son for ages, and I recommend his services to my network and beyond."

Patrick Mboma

African Football Legend & National Team,

***2000 AFCON Africa Football Player of the Year**,*

Double AFCON champion and Olympic Gold Medalist

The Athletic Edge: EI in Competitive Sports

In the realm of elite sports, physical technicality is the baseline; emotional regulation is the differentiator. Researchers have highlighted how the ability to precisely identify feelings allows athletes to prevent "emotional hijacking" during competition. Meyer and Fletcher (2007) argue that EI is a critical component of psychological resilience, enabling athletes to maintain high levels of functioning despite the stressors of the sporting environment. Laborde et al. (2016) further demonstrate that athletes with high trait EI exhibit superior coping strategies

Meyer, B. B., & Fletcher, T. B. (2007)
Journal of Applied Sport Psychology.
Laborde, S., Dosseville, F., & Allen, M. S. (2016).
Psychological Reports.

The Pitch Dynamics: Emotional Intelligence in Football

Football is a game of high-frequency interactions and systemic pressure. The ability of a player to regulate their emotional state is a hallmark of EI. Footballers with higher EQ scores demonstrate better decision-making under fatigue. Furthermore, scientists found a direct correlation between a player's social competence and their ability to execute tactical instructions in complex, team-based environments.

Thelwell, R. C., Lane, A. M., & Weston, N. J. (2005).
Journal of Sports Science & Medicine.
Arribas-Galarraga, S., et al. (2017).
Emotional Intelligence and Professional Performance in Football.

Emotional Intelligence Training is not Optional, it's Critical

Collective Benefits

Recommended for sports organisations, coaches, staff, athletes and sporting leaders aiming to master their emotional landscape and shape the collective culture, daily & under high-stakes pressure.

Strategic Outcomes for the Organisation

- **Competitive Edge:** Converting emotional stability into a tangible tactical advantage during competition.
- **Squad Cohesion:** Minimising internal friction between staff and players through sophisticated, high-impact communication.
- **Mental Resilience:** Cultivating a "Next Play" Mentality—the ability to recover instantly from errors or setbacks.
- **Sustainable Excellence:** Achieving peak mental form without the hidden cost of emotional burnout or squad attrition.

"I have been working with Nick for over four years now. The more the pressure, the more the usefulness. Nick's sessions are useful to understand where I stand psychologically and emotionally, manage my thoughts, emotions and consequently, my performance."

Kenji Mboma Dem

Professional Football Player, FC Cincinnati

US Major League Soccer

The ESI Sport Inventory Graph Sample

The ESi (Emotional Sport Inventory) Protocol

The ESi Assessment in details

The EQ Sports Inventory **(ESi)** is a specialist psycho-emotional metric tool engineered to measure, analyse, and trace the specific soft skills critical to elite athletic performance.
This is not a generic assessment; it is a **20-page forensic report**, approved by the **British Psychological Society**, mapping Your individual scores across ten performance-critical domains:

- Internal Drivers: Self-Awareness, Self-Confidence, Achievement Drive.
- Competitive Grit: Resilience, Competitiveness, Self-Reliance.
- On-the-Pitch Regulation: Focus, Self-Control, Flexibility, Optimism.

The ESi concludes with a **Seven-Step Strategic Action Plan**, providing real-life, on-the-pitch practical activities designed to bridge the gap between mental potential and physical execution.

Sessions Roadmap

Duration: 8 to 10 Weeks - 90-minute sessions - Post-session Brief

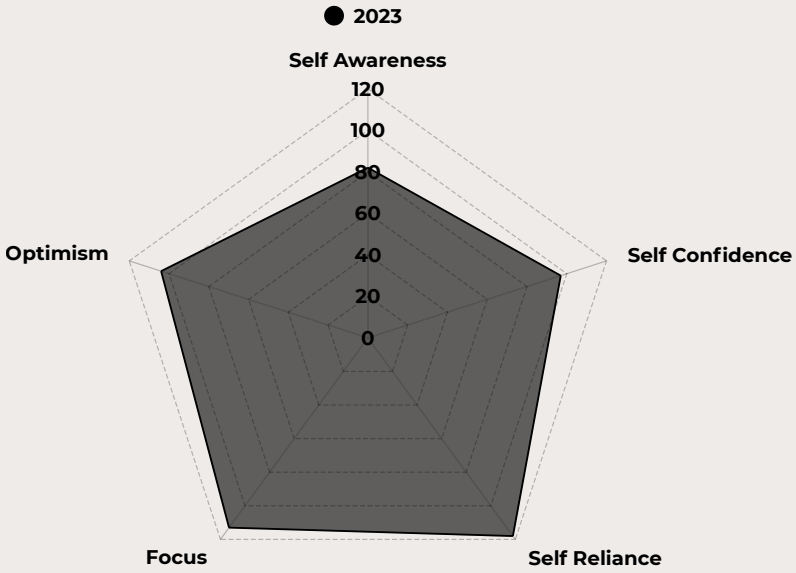
- **Ignition:** The Performance Briefing Introductory deep-dive into current athletic challenges and goal setting.

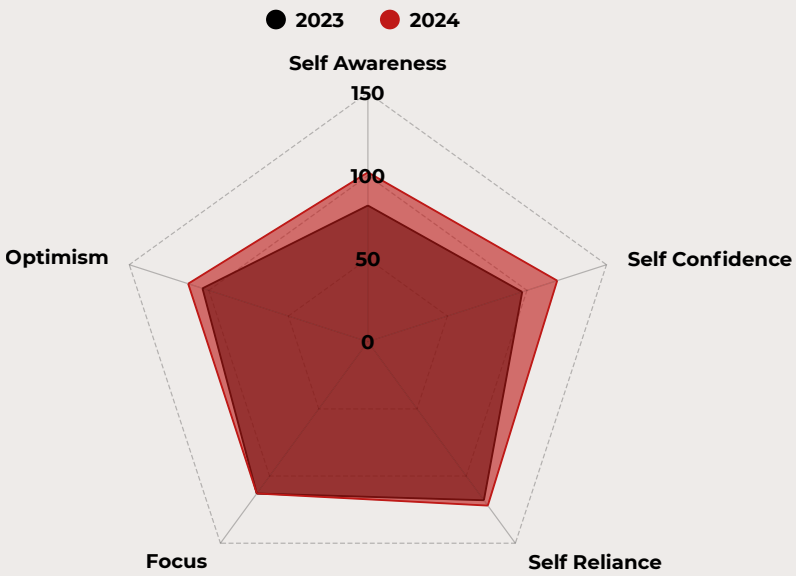
- **Session 1:** The ESi Diagnostic Commitments, mental triggers analysis, and completion of the EQ Sports Inventory.

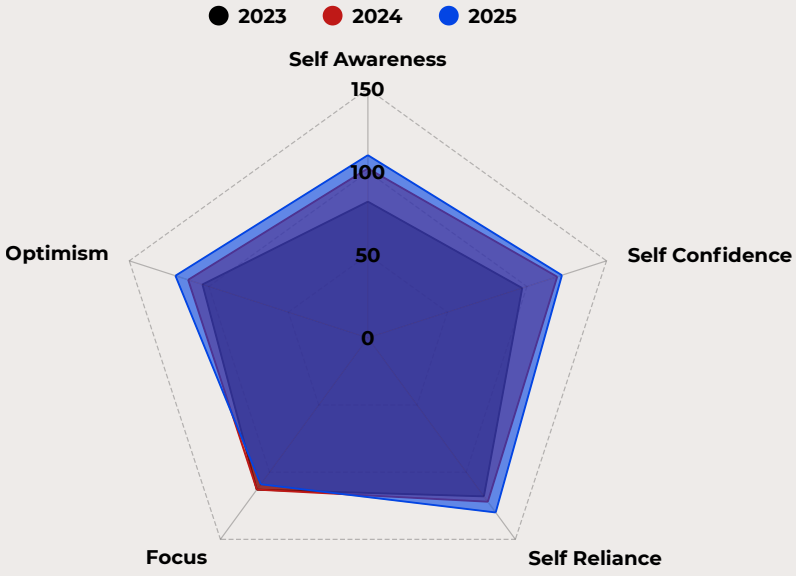
- **Session 2:** Feedback & Tactical Roadmap Detailed debrief of the 20-page ESi report and construction of the Seven-Step Action Plan.

- **Session 3:** Review of Practices & Evolution, Final analysis, strategy adaptation for upcoming competitions, and defining next steps.

Longitudinal Performance Analytics







Elite performance is a trajectory

By deploying the ESi (Emotional Sport Inventory) at 12-month intervals, we move beyond subjective feeling into **longitudinal data-tracking**.

Data-tracking is not merely a retrospective tool; it is a **predictive asset.**

By monitoring the stability of an athlete's Emotional Sport Inventory scores over several seasons, we can identify '**Early Warning**' signs of burnout or psychological fatigue before they manifest as physical injury or tactical errors.

This proactive diagnostic allows for the precise **calibration of mental workloads**, ensuring that the organisation's most valuable human assets are protected, developed, and primed for consistent elite-level output year-on-year

The Athletic Mastery Package includes:

While every athlete trains their body, only the elite engineer their mind.

The ESi Protocol is the definitive diagnostic for those who refuse to leave their mental state to chance.

- **The ESi Performance Audit**: A 20-page deep-dive into the neurobiology of Your competitive drive. Registered with the British Psychological Society, this is the gold standard in athletic psychometrics.

- **3+1 Precision Coaching Sessions (90-min)**: Surgical interventions to bridge the gap between Your physical talent and Your mental execution.

- **Tactical "On-the-Pitch" Drills:** Bespoke mental exercises integrated directly into Your training regime to automate focus and resilience.

- **The Seven-Step Strategic Roadmap:** A personalised blueprint to navigate the pressures of the competitive season.

Program Fee: 2,220 GBP / 2,560 EUR / 2,947 USD

Note: For ongoing coaching or full squad training, please consult the Executive One-on-One or Team Collective Packages.

"Nick's services are something we needed as footballers, and can truly make the difference in becoming a professional footballer. He has been working with my son for ages, and I recommend his services to my network and beyond."
Patrick Mboma
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***2000 AFCON Africa Football Player of the Year**,*
Double AFCON champion and Olympic Gold Medalist

Contacts & Thanks

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This is part of the 2026 Packages:

- One-on-One Coaching
- Team Training Coaching
- **Sports Environment(s)**
- Onboarding EI Coaching
- EI Coaches Training
- EI & Self-Awareness Course

Thank You for Your dedication to evolving the **Human Element** in professional sport.

Let's Emotional Regulation be Your most powerful on-the-pitch asset

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