

Katie Warriner



Katie is one of the UK's leading Performance Psychologists, working behind the scenes and on the big stage with some of the world's best athletes, leaders, and organisations. From the sports field to the boardroom, the helicopter pad to the operating theatre, Katie helps people train the mindset skills and practices essential to thriving under pressure. Her clients include CEOs, Olympic Champions, educational leaders, and world-record holders.

She has been embedded in Olympic sports for the last decade, supporting many of our most successful athletes at the London 2012, Rio 2016 and Tokyo 2020 Olympic Games. She also coaches global business leaders to enhance performance and help people thrive. Through her work with the educational charity, 21st Century Legacy, she has helped over 250,000 young people build resilience to thrive at school and in life. She now runs a series of mindset and psychological skills courses for young people through the Moonshot Series, with a vision to support the next generation to manage life's ups and downs and be the best they can be.

Katie believes books can play a key role in inspiring young people to believe in themselves and to learn from role models. Katie has teamed up with footballer Marcus Rashford and sports journalist Carl Anka to create a series of books for children. Katie says "I'm personally so inspired by Marcus Rashford's courage on and off the field. He is a brilliant reminder that sport is about so much more than medals and trophies, it's about making a difference in the world. Not just in how it develops our character, helping us be the best we can be, but then the platform you have to contribute positively to the world around you".

One thing Katie is particularly keen to get across is the fact that everyday people can achieve exceptional things, she believes that everybody is unique, has a unique gift and an individual path. And by learning from role models like Rashford, we can find and develop our own potential.

www.theprimeclinic.co.uk ; www.moonshotseries.co.uk

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