

# Gavin Drake



Gavin's early career has given him a background of wide experience in the commercial sector. He has managed teams of five to sixty people in both production and sales environments. Throughout his career he has always had a strong passion for training, personal development and the psychology of performance and excellence.

In 1999 Gavin decided to take this passion and used it to form Inspire, a company dedicated to training and developing high performance in people across many disciplines embracing both the commercial and sporting environments.

Gavin and the other trainers within Mancroft consistently research new mind and brain discoveries to give their clients the performance edge. Gavin is a qualified NLP Practitioner, Timeline Practitioner and Hypnotherapy Practitioner.

Gavin continues to work with groups and individuals across many sports including football, rugby, athletics, tennis, cricket, golf, archery, shooting, swimming.

He recently spent a year working with the management, coaches and players of Norwich City Football Club as Sports Psychologist/Performance Coach, developing the performance psychology and performance structure of the club.



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