Sport - Golf, Tennis, Squash, Swimming, Athletics, gymnastics, ballet, boxing, defence training, shooting etc. Holistic therapies (by traditional sport counsellors) to relieve/release /manage e.g. stress etc, Video Analyses/Phisiology/Evaluation through e.g. Dartfish software programming. Team building/trust Coaching, Performance Enhancement/Coaching e.g. golf /tennis lessons/coaching & stretegic/tactical course/court management/mental toughness, mindsets, gameplay/gameplans, general exercise psychology/program design all sport, thought stopping, Centering/Focussing the Moment, Here & Now, combatting negative self talk, sport specific questionnaires/concentration (improvement), conditioning, power etc. Applied tests/assessments, team building; (Recreation/Corp Wellness), Test/Examination Anxiety/Preparation/Re-Prep, Guided Meditation e.g Ericksonian Epistemology etc, Body Language Zone Therapies (BZT's). Visualization/imagery strategies i.e. listening to podcasts, hypnosis, relaxation, parts of a whole therapies, Art/crafts Therapies i.e. Writing Novels, homework mental notes analysis, (Life) Narrative/Script Therapies (NT), ZENTangle, fragmentation/paradigm shifting / talk therapy. Play therapy; child psychology, Zentangle, lego, drawing therapy. Transformational Coaching (TC). Clock therapies, diary therapies, mindfulness/meaningfulness (M/M), creative writing expression, redefinitions, reframing/recatagorization /reviewing, rewriting, re-visioning, retelling stories/metaphor/s reflection/s/redefinition/s, reformation/s, reimagining, reflection, rhetoricalism, deconstruction, HomeWork Thought Tracking/Mappling (HTT/M). Colour Therapies, Sound/Acoustic/Music Therapeutic Healing (TH), Deconstruction/s/Construction/s/Reconstruction, Metaphorical Discourses, Fundamentalism, Subject Object Transversion, Cyberneticism, Socratic Dialogues, Reality Reconstructions/Orientation/s (RR/O/'s), Pragmatic Critical Thinking/Positiveness (PCT/P), Splitting, Probing, Logo Therapies etc. Exercise programs/personal training; practical workout (gym) sessions; e.g. balance/agility/cordination/speed/state of readiness, body building/sculpting/supplementation all ages, Life Skills; Life Coaching/Counseling (LSC/C), Lifestyle Management/Interventions (LMI), Lifestyle/Time Management. Rational Emotive Behaviour Therapy (REBT)/CBT, Decision Making, Assertiveness Training/Therapy, Coping Skills etc, Development to live with difficulties especially as well as etc.