

Meet David Charlton



Where has your passion for performance come from?

In his twenties David often wondered what the difference was between a good athlete and an outstanding athlete. Like many people he believed the difference was linked to what happened in the mind. In a sport he has played since he was a child, golf, Arnold Palmer once said "Success in golf depends less on strength of body than upon strength of mind and character. This interest and a difficult life event sparked a career change, where he went down the path of qualifying as a Sport Psychologist, and now he can proudly say that he has supported over 1000 athletes. Many at the peak of their powers in elite professional sport.

Whether you are sport minded or not David can help you learn simple practical strategies to deal with daily stresses and high volumes of pressure better, where he combines personal insights along with cutting edge tools from elite professional sport, occupational and environmental psychology.

A Quick Fact:

David is a very active person with lots of energy. If not presenting or helping people get the most from their talents David can be found with his family, on the golf course or running. He is proud to have raised £1000's for cancer charities from marathon running.

Background and Professional Expertise:

- 22 years Professional Experience, 7 years as a Manager and 8 years as a Consultant
- HCPC Registered Sport and Exercise Psychologist
- MSc Sport and Exercise Psychology
- BSc Psychology
- Mental Toughness, i3 Leadership and NLP Practitioner

Clients View:

David has an extensive understanding of Leadership profiling and took the time out to find out about my role and responsibilities and used his experience to make practical suggestions. This was very helpful in identifying my strengths and of course, areas of development. Thank You! Wendy Gallagher, Director at The Roundhouse Design Consultants