

Endorsement from Pat Lam, Connacht Rugby Head Coach



"Michael and Cathal from Actualise approached us in February 2015 with a proposal about how NFT could enhance the performance of our players. They made a presentation to the management team outlining the scientific basis of NFT, the applications in peak performance, their own expertise and experience and what they planned to do with Connacht Players. We were very impressed with their methodological and scientific plan and approach, so we asked them to address the players.

When Michael put the proposal to the players, and outlined their plan to put five Senior players through their program, I could see the players were really excited about it - so much so that 27 asked me if they could be part of it! It was a headache trying to decide, but we managed to narrow the field down to six players, one more than the guys had proposed, but they took the extra player on without any issue.

Their work with us has had a very positive impact on all the players. Their approach has been very professional - they not only have a fantastic grasp of the science of their work, but are also very aware of the real sporting applicability for the players. This combination of science and intuition means they have a unique and very positive role to play in peak performance management. Having watched them work with us, and the results we have had, I would highly recommend Actualise to any individual or group who wants to take their performance to the next level to gain that competitive advantage"