



PERFORMANCE

# PERFORMANCE REVIEW

Are you currently expressing  
your true capability?

## SEE WHAT YOU CAN'T SEE FROM INSIDE YOUR OWN PERFORMANCE.

Performance Review is a concentrated exploration of your performance — designed to reveal what may be limiting it, what might be possible, and where the greatest opportunity for change really lies.

Rather than arriving with predetermined answers, we'll observe, question, test and explore — building a clear picture of **what's actually happening and why**.

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### THE DIFFERENCE

**MOST COACHING BEGINS BY TRYING  
TO IMPROVE PERFORMANCE.**

**PERFORMANCE REVIEW BEGINS  
BY UNDERSTANDING IT.**

When performance is already good, adding more information isn't always the answer. Sometimes the greatest opportunity comes from stepping back, questioning what you think you know and identifying the few things that really matter.

OBSERVE

DIAGNOSE

CLARIFY



**One organising truth is often worth more than twenty coaching points.**

# THE QUALITY OF THE ANSWER DEPENDS ON THE QUALITY OF THE QUESTION.

When performance is complex, the obvious answer isn't always the right one. Performance Review creates the space to step back, challenge assumptions and explore what may really be shaping what you do.

**We aren't looking for everything that could be better. We're looking for what matters most.**

**01****WHAT'S ACTUALLY HAPPENING?**

Separate what is happening from what we think is happening. Observation, video, conversation and performance give us evidence to work from.

**02****WHAT'S SHAPING IT?**

Look beyond the obvious outcome. Technique, decision-making, beliefs, habits, preparation and environment can all influence what appears in performance.

**03****WHAT ARE WE MISSING?**

Familiarity can make important things difficult to see. We question assumptions, explore different perspectives and look for patterns that may have become hidden in plain sight.

**04****WHAT REALLY MATTERS?**

Not every opportunity deserves equal attention. We distil complexity down to the smallest number of things capable of creating meaningful change.

**05****WHAT SHOULD HAPPEN NEXT?**

Understanding only matters if it changes what you do. We turn what we discover into clear priorities for practice, experimentation and future performance.



**THE PURPOSE ISN'T  
MORE INFORMATION.  
IT'S GREATER CLARITY.**



# ONE DAY TO LOOK DEEPER. ONE REVIEW TO CREATE DIRECTION.

Performance Review combines a concentrated day together with deeper analysis afterwards. The purpose is to gather enough evidence, test what we're seeing and turn it into a clear picture of what may make the greatest difference to your performance.

01

## CONVERSATION UNDERSTAND THE PERFORMER BEFORE THE PERFORMANCE.

We start by exploring your goals, experiences, current thinking and the questions you already have about your performance. This gives us a starting point – without assuming we already know the answer.



02

## OBSERVE BUILD A RICHER PICTURE.

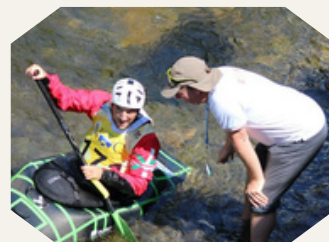
Across two substantial performance sessions, I'll observe, film and explore what's happening. We'll use both continuous footage and shorter clips to capture patterns as well as individual moments.



03

## COACH & TEST DON'T JUST OBSERVE THE THEORY. TEST IT.

This isn't passive assessment. I'll coach throughout the day, using what we're seeing to question ideas, experiment with change and test whether our emerging understanding stands up in performance.



04

## REVIEW & CHECK-IN STEP BACK BEFORE DRAWING CONCLUSIONS.

We finish the day with an initial review of what we've discovered. I'll then go away and analyse the evidence in greater depth, before an online check-in during the following week to test my emerging conclusions against your experience.



05

## PERFORMANCE REVIEW TURN EVIDENCE INTO DIRECTION.

You'll receive a written Performance Review supported by selected video analysis, bringing together the key findings, the evidence behind them and the priorities I believe deserve your attention.

**You leave with a clearer understanding of what matters, why it matters and where to focus next.**



### YOUR PERFORMANCE REVIEW INCLUDES



**1 DAY TOGETHER**  
Two substantial sessions



**EXTENSIVE VIDEO**  
Continuous + selected clips



**DEEPER ANALYSIS**  
After the day



**ONLINE CHECK-IN**  
Test the conclusions



**FINAL REVIEW**  
Written + video analysis

## THE DECISION

# IS A PERFORMANCE REVIEW RIGHT FOR YOU?

Performance Review is designed for experienced performers who already have significant capability — but believe there may be another level of understanding, clarity or performance still to uncover.

## THIS IS FOR YOU IF



### YOU'RE ALREADY AN EXPERIENCED PERFORMER.

You don't need someone to start from the beginning. You need someone prepared to look deeply at what is already there.



### YOU SENSE THERE'S MORE AVAILABLE.

Your performance may already be good — even exceptional — but you believe there's something still to uncover.



### YOU'RE WILLING TO QUESTION WHAT YOU KNOW.

The Review works best when ideas, assumptions and established ways of thinking are open to exploration.



### YOU VALUE CLARITY OVER MORE INFORMATION.

You're not looking for twenty new coaching points. You're looking for greater certainty about where to focus.

## IT MAY NOT BE RIGHT IF



### YOU'RE LOOKING FOR REGULAR COACHING.

Performance Review is a concentrated intervention, not an ongoing coaching programme.



### YOU'RE STILL BUILDING THE FUNDAMENTALS.

There may be simpler and more appropriate ways for us to work together.



### YOU WANT SOMEONE TO SIMPLY GIVE YOU THE ANSWERS.

Performance Review is an investigation. Your perspective and experience are part of how we make sense of what we discover.

## BUILT AROUND YOUR PERFORMANCE ENVIRONMENT

Performance Review can take place where you train and perform. That allows me to see you in a familiar environment, work with the conditions and resources you actually have, and understand your performance in context.

Reviews can also be arranged alongside other athletes at the same location, making it possible to create a concentrated block of individual Performance Reviews for a small group.



### AT YOUR LOCATION

I come to you



### REVIEW MULTIPLE ATHLETES

Create a focused block at the same location



### REAL ENVIRONMENTS

Understand your performance in the context that matters



# EXPERIENCE CHANGES WHAT YOU NOTICE.



## JACKO JACKSON

I've spent more than four decades coaching freestyle paddlers, from developing athletes through to World Champions.

That experience has given me thousands of hours observing performance, asking questions, testing ideas and trying to understand why something works for one athlete but not another.

**Performance Review isn't about me arriving with the answers. It's about bringing an experienced set of eyes, a different perspective and the time to look properly at what may be hiding in plain sight.**



### A DIFFERENT PERSPECTIVE

Fresh questions that challenge assumptions.



### REAL-WORLD EXPERIENCE

From developing athletes through to World Champions.



### FOCUSED TIME

The space to look properly at what matters.

## READY FOR A PERFORMANCE REVIEW?

# START WITH A CONVERSATION.

Tell me a little about where you are, what you're pursuing and why you're considering a Performance Review. We can then have a conversation about what you're looking for and whether the Review is the right fit.

## FOR ATHLETES

Talk to me about arranging your Performance Review.

GET IN TOUCH →

## CONTACT



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## TALK TO ME ABOUT OPTIONS

Performance Reviews can be arranged for several athletes at the same location, while keeping each Review completely individual and focused on the performer.

TALK TO ME →