



Hexagon
Performance

Hexagon Youth Academy

*Inspiring, Developing &
Nurturing Youth
Potential*



What we do

Welcome to the Hexagon Performance Youth Academy, where we're dedicated to nurturing and supporting the next generation of young high-potential performers. Our holistic coaching programme is designed specifically for young athletes, students, and individuals who have an appetite to unlock and further develop their innate potential.

Supporting and Developing Youth Potential

Imagine a year of supported personalised coaching, fostering growth, learning and development. A journey where you'll be empowered and challenged to reach new heights, overcome limitations, and step out of your comfort zone to further develop your character and potential.

Our programme

What you can expect

- 12 personalised coaching sessions tailored to your strengths, weaknesses, and aspirations
- A holistic performance coaching approach that supports physical, mental, and emotional well-being
- Proven strategies to enhance performance, build mental resilience, support growth and goal setting
- A supportive community that fosters growth, accountability, motivation and connection
- Inspirational speakers for group Masterclass sessions throughout the year.



Who is this for

Young Ambitious Minds
Ages between 15-21

Who we are



Austin O'Malley

Founder & CEO

MSc, BSc, BBs, H.Dip

As the founder of Hexagon Performance, Austin has garnered an invaluable mix of experience from partnering with global corporate businesses and working in elite sporting performance environments. He draws on this breadth of insight to shape the methodologies and high-performance coaching philosophy at Hexagon Performance.

An evidence-based practitioner, he has continually immersed himself in academic teaching and learning over the years.

It is Austin's belief 'that everyone has the capacity to attain peak performance within their chosen field of expertise, given the right information, inspiration, strategies, and tools.'

About Hexagon

**BUILDING HIGH-
PERFORMANCE TEAMS,
CULTURES AND PEOPLE**

Our mission is to give our clients the information, inspiration and tools to attain peak performance, by means of education, collaboration and activation'.

At Hexagon, we inspire action to chase after high-performance. Our high-performance coaching, culture and wellbeing programmes are all built, tailored and predicated on sound science while cultivating genuine authentic relationships with our clients.

Want to learn more

Call: 087 281 5484

Or Email:
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Visit: hexagonperformance.ie



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