

# High Performance Coach Rayan Wilson Wins at the 2019 Bristol Diversity Awards

Submitted by: Andrea Sexton PR

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The Bristol-based high performance coach Rayan Wilson was one of 32 winners on Saturday night at the Bristol Diversity Awards. Rayan won The Business Award for Age.

Rayan is sought after by football clubs for his rehabilitation and strength and conditioning knowledge and works with many athletes and individuals in the Bristol area, nationally and internationally. He has a vision to create a national gym chain as well as promoting himself as an internationally renowned high performance sports coach,

Rayan has provided a platform for many talented sports men and women to train, learn, educate and be inspired from some of the world's elite.

While doing this he has inspired many individuals to seek professional careers in his business, in sports sciences and coaching disciplines as well as media and business management.

Rayan admits the last year has been a challenge in business comments:

"We face challenges daily, and we are told to adapt, learn and grow. However, at times it's very difficult to see the light at the end of the tunnel.

I'm fortunate to surround myself with very strong, inspirational and driven people. From my partner, my family, my boys, social circle and through to my professional networks. This, along with some positive self-talk and wisdom, has been a key ingredient in assisting me overcome one of the most challenging years, in business, I've had to date.

I am very grateful and thankful to be nominated and have won the Bristol Diversity Awards 2019 for Business Award For Age. Thank you to the people who recognise my work and nominated me for this award, and thank you to the judges for voting me the winner. It was a special honour to have received my award from a close friend and inspirational woman herself Dr Zainab Khan".

Rayan is set to open a new gym and sports training facility for his company Back2Action in Bristol next month.

ENDS

Editor Notes

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About Rayan Wilson and Back2Action.

Rayan Wilson is one of the UK's top human performance coaches. As a coach, Rayan has worked with numerous elite sports men and women. Away from the human performance arena Rayan is a successful entrepreneur who is the CEO of Back2Action, a health and fitness company working with a wide range of

individuals and teams to improve performance. Rayan works with fitness clients right through to elite athletes.

Rayan grew up in the inner city of Bristol and as a sufferer from sickle cell, his fight was always going to have to be strong; at times, much stronger than his peers. He has always had a dream to help create opportunity. As a youth, the opportunity to fulfill his skills as a professional footballer and have his name in the lights was taken from me due to his illness.

As a result, Rayans desire to develop and build people not only physically but mentally led him onto completing his degree, continuing to educate himself through a master's degree and therefore creating the foundations for building Back2Action.

Back2Action is a private organization that was founded in 2011. It began in the heart of the inner city at Rayans Grandparents house in Easton, Bristol. From there, as Rayans passion and ideas grew, the facility grew with it.

Rayan is a leading expert in the following areas of human performance:

Physical (movement and control, strength, speed, power, stability, conditioning)

Mindset (psychological high performance mindset, focus and leadership)

Nutrition

Recovery and Rehabilitation (management strategies, treatment and rehabilitation of injury or preexisting injury)

Winner of:

The Business of the Year 2017 for The Football Blacklist  
Entrepreneur of the Year 2017 for Bristol R.I.S.E Awards.

As seen on 'Sky Sports', 'Canal +' and 'BBC'.