

Match of Life

EXPERIENCES

EXPERIENCE 1

The Invisible Scoreboard

90 minutes

EXPERIENCE 2

The Human Side of
High Performance

Half day

EXPERIENCE 3

The Match of Life Retreat
2-5 days

Awareness / Experience 1

What is happening beneath performance?

Practice / Experience 2

How do I lead differently because of what I now understand?

Transformation / Experience 3

Who do I want to become — and what do I want people to experience because they are in a relationship with me?

Who I am

Long Arnold Founder, Match of Life

“I have spent more than 35 years on court as a tennis coach. Not in a lecture hall, not in a research department. On court, every day, with hundreds of students — children, teenagers, adults — under pressure, over years.”



Picture: Long Arnold

Match of Life did not begin as a framework. It began as a pattern I could not stop noticing.

Technique was almost never the limiting factor. What limited people was something invisible: whether they felt safe, whether they felt seen, whether their sense of worth survived failure. I watched gifted children lose themselves in the pursuit of a ranking. I watched adults arrive on court carrying a life they had not put down. And I watched what changed when the relationship became a place where they no longer had to earn their standing.

The framework is what I eventually wrote down. It has been tested daily, for decades, on real people in real moments — not designed in a seminar room.

I am Swiss and I work in English. I am the author of Match of Life and the host of The Invisible Scoreboard podcast, and I work internationally with coaches, academies, schools and leadership organisations.

“I don’t teach people simply how to perform better. I help them understand what performance requires — and what it should never cost them.”

Why Match of Life?

Perspective

See what is happening beneath performance.

Presence

Become aware of what you bring into relationships.

Connection

Create the conditions for trust and receptivity.

Integration

Turn insight into how you live, lead and relate.

Experience 1 - Awareness opens the eyes

The Invisible Scoreboard invites participants to look beneath visible performance and discover the human conditions that influence how people learn, grow and perform.

Experience 2 - Practice changes behaviour

The Human Side of High Performance takes those insights into everyday relationships, developing practical skills in listening, connection, boundaries, difficult conversations, regulation and repair.

Experience 3 - Transformation changes the way we live and lead.

The Match of Life Retreat creates the space to step back, reflect more deeply and translate these principles into a personal philosophy for how we live, lead, coach and relate to others.

“The match is always human”

Bring Match of Life to your guests

Today's guests increasingly seek more than physical recovery. They want to understand themselves, their relationships and the patterns that shape how they live and perform.

Match of Life adds a reflective and relational dimension to the wellness experience — helping guests turn insight into meaningful change.

The work integrates into what you already run. A 90-minute evening session, a half-day within an existing programme, or a 2–5 day retreat as the reflective spine of the week. I bring the content and the facilitation; you don't need to build anything new.

Following an initial conversation, a detailed Program Sheet and Facilitator Outline can be provided to explore how the experience could best fit your guests and existing program.

Born in Thailand and returning every year with my daughter, I have a deep personal connection to the country, its people and its culture. I am now exploring opportunities to bring Match of Life to Thailand and to create meaningful experiences together with local wellness, retreat and performance partners.

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www.matchoflife.com