



# DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING

Now more than ever teen mental wellness needs our focus. Mental wellness affects how we think, feel, and act and determines how we handle stress, relate to others, and make choices. A positive sports experience, where athletes develop and build connections in an environment that is high on both challenge and support can contribute to athlete mental wellness. The Developing Competitors and Mental Wellness Through Positive Coaching workshop gives coaches hands on tools they can immediately use to create a Positive High School Sports Culture with their team.

“ This workshop does a great job of inspiring, equipping, and empowering coaches to have a more profound impact on the lives of athletes. Coaches will come away with the necessary tools to help athletes not only be winners in sports, but winners in life. ”

**-Athletic Director,  
Alpine, CA**

## UPCOMING WORKSHOP

**Org Name:**

**Date:**

**Time:**

**Location:**

