

# DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING

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.

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.

## WHY IT'S IMPORTANT

- More than **75% of parents** are at least somewhat worried about their **child's mental health** ([Pew Research Center](#)).
- A 2023 [survey](#) conducted in the United States found that approximately **87% of young individuals** had suffered from some **mental health problem** on a regular basis.
- **44% of high school students** [reported feeling signs of depression](#) within the last year.

## MENTAL WELLNESS VS. MENTAL HEALTH

This workshop provides coaches with tools to create a positive sports environment that encourages athlete mental wellness. It does not provide tools for diagnosing or treating your athletes who may be struggling with their mental health.

## TOPICS COVERED

- Building trusting relationships
- Coaching for skill development
- Creating a positive and supportive environment
- Competing with dignity

In addition to advice from pro coaches and athletes, the workshop content includes:

- **Research-based** insights from experts in coaching, education, mental wellness, and sports psychology
- **Hands-on** training in field-tested, practical, proven tips and tools that coaches can implement simply - but with profound results
- The application of **PCA tools and principles** through activities and discussions to equip coaches to handle common challenges in youth sports

