



Developing Competitors and Mental Wellness Through Positive Coaching



A workshop that equips coaches to support athlete mental wellness by building a team culture centered on connection, resilience, and growth - leading to success both on and off the field.

WHY THIS WORKSHOP?

Mental wellness isn't just the absence of struggle. It's an athlete's ability show up, connect, bounce back from mistakes, and find joy in the game. With today's athletes under more pressure than ever – on the field, in the classroom, and online – coaches are uniquely positioned to protect and support their athlete's mental wellness through sports.

WHAT COACHES WILL GAIN

Coaches will learn actionable ways to:

- **Build trusting relationships** that reduce anxiety and depression and increase empathy among athletes.
- **Foster skill mastery** that focuses on growth and effort to boost self-confidence, purpose, and self-reliance.
- **Support individual needs** to ensure that athletes feel a sense of belonging and connection.
- **Model integrity** across every aspect of the sport to help athletes build a deep sense of self-worth and identity.
- **Recognize signs of struggle**, conduct a wellness check, and guide athletes experiencing a mental health crisis to the support they need.

HOW IT HELPS

- Trusting relationships = higher self-esteem, a sense of belonging, and better resilience for athletes.
- A focus on mastery over outcomes = athletes who are better equipped to handle pressure and setbacks.
- Understanding individual needs = a culture where every athlete feels safe, seen, and supported.
- Prioritized mental wellness = higher engagement, steady development, and lasting life skills.
- Response readiness = a trusted safety net for vulnerable athletes and a culture of care.

This workshop empowers coaches to build relationship-centered team environments that support daily wellness while providing actionable strategies to identify struggling athletes and serve as a bridge to critical resources.

