



BEHIND THE ATHLETE

A PARENT'S ROLE IN MENTAL PERFORMANCE



FREE Workshop for Parents of Student Athletes

You'll Learn How To:

- Support your athlete building trust and lasting confidence
- Learn how to respond to pressure, nerves, and setbacks
- Help your athlete bounce back after tough games
- Encourage motivation without creating added stress



**Saturday
June 14th
2025**



**At
10:00AM
(45 min)**



**Virtual
via Zoom**



**Register at
HeyAthlete.
com**