



## SHAWNEE HARLE Winning Matters



**Mental Toughness – How Champions are Built** is designed for athletes, parents, coaches and grandparents from all sports who want to learn how to use Mental Toughness to rise above the crowd. Athletes will learn how to manage the ups and downs that come with sport and fill up your Mental Toughness toolkit. Parents, coaches and grandparents will learn how to most effectively empower your kids, athletes and grand kids to perform their best in sport, school and life.

**Coaches**, are you looking for new ideas to inspire and get the best out of your athletes? Do you want them to be mentally tougher and take more risks? Do you want them to be more coachable? It is obvious there is something more to sport than having the right physical skills. Those that get ahead in sport (and life) have Mental Toughness that helps them rise above the crowd.

**Parents/Grandparents**, are you frustrated by your child's inability to handle setbacks and disappointment? Do you wish they were tougher and more resilient? Do you want them to show up and step up? Are you worried they are under-performing and not reaching their potential? Mental Toughness is a tool that transfers to all areas of their lives and without it, sport, school and life are more difficult and confusing than necessary.

**Athletes**, when talent levels out, Mental Toughness separates good from great. Sport, just like life, is tough. It is full of problems, frustrations and disappointments. But sport also offers a wonderful opportunity to build resilience and learn to deal with all of these difficulties and come out tougher, better, and smarter than you were before. When you understand that problems are part of sport, you learn not to fear them but to solve them. You learn to step up and tackle those problems rather than ignore them or become frustrated by them. You learn that you are much stronger than you think, especially when you have the tools to save yourself.

*"We want our kids, athletes, and grand kids to successfully deal with the difficulties that sport (and life) present and learn to embrace risk and discomfort because they have the tools to handle both. We can teach them to rise about frustration and disappointment and see that mistakes and setbacks are temporary – simply a problem to be solved. When they understand that mistakes are part of sport (and life) and all problems have a solution, they learn to become the super-hero in their own lives and they step up and save themselves. When they believe they can save themselves and understand that the most important approval is self-approval, it does not guarantee a gold medal, but it does build self-esteem, character and resilience. I am convinced these are Gold Medal attributes on the Podium of Life." – Shawnee Harle*

**Shawnee will share her 30 years of coaching experience and deliver these Mental Toughness tools:**

### Parents, Coaches, Grandparents

- Why self-esteem improves performance
- Why confidence is over rated and unreliable
- Why praise and motivation don't always work
- Why your kids/athletes don't listen to you
- Why "do-overs" improve performance
- Why mistakes are like fertilizer – they help us grow
- Why fear traps our kids/athletes into under-performing

### Athletes

- How to handle the emotions that sport brings
- How to handle nerves, anxiety and disappointment
- How to handle the pressure of winning and the fear of losing
- How to handle officials or judges that make the wrong calls
- How to handle coaches that yell at you or ignore you
- How to handle sitting on the bench or not playing
- How to handle mistakes, losing and under-performing