



# ***Student in sport program***

*Adapting mental skills and approaches to dual interests*



## **Student in sport**

*(Adapting mental skills and approaches to dual interests)*

*Supporting students in sport to:*

- Keep building and adapting the psychological foundations and skills for your Life-in-Sport and beyond.*
- Manage the likelihood of increased commitments, pressure and expectations in sport and education.*
- Balance the physical and mental loads associated with this phase and continued identity development.*



## **Who is this program for?**

- Individuals balancing sport and education commitments in school year 10+ / age 15+
- This is inclusive of school, college and university age individuals who are navigating dual interests.

## **How will this program run?**

- 5 hours or 10 hours of 1:1 sessions with Rebecca either face to face or online.
- Practical activities within sessions to build self-awareness and learn strategies.
- Take home tasks to complete between sessions.
- Tips and insights to be shared with coaches, parents and support staff to support your journey.
- Each 5 hour block needs to be completed within 6 months (starting from the date of the first session).

### **Costs:**

- Part 1 = £270
- Part 2 = £270



## Topics covered:

### Part 1: 5 hours

- Session 1 - Introduction to part 1 / Integrating academic, sport balance
- Session 2 - Identity development
- Session 3 - Coping with pressure
- Session 4 - Modifying goal setting for dual interests
- Session 5 - Wellbeing and rest / reflection on part 1

### Part 2: 5 hours

- Session 1 - Introduction to part 2 / Maintaining confidence in decision making
- Session 2 - Strengthening communication skills
- Session 3 - Navigating stress
- Session 4 - Peak period planning
- Session 5 - Coping with setbacks / reflection on part 2

*For more information and to get started*

*Email:*

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