



LIFE IN SPORT

Young person in sport program

Introduction to Sport Psychology support and mental skills



Young person in sport

(Introduction to Sport Psychology support and mental skills)

Supporting young people in sport to:

- Build the psychological foundations for your Life-in-Sport.*
- Develop a rounded identity and balance between sport & other activities.*
- Reflect on experiences and set goals that align with your journey.*



Who is this program for?

Young sports people in school years 7-9 / age - 11-14

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 and parents to support your journey (Young athletes thrive when adults reinforce the same messages).
- 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
- Session 2 - Confidence and belief
- Session 3 - Goal setting
- Session 4 - Focus and attention control
- Session 5 - Emotion regulation

Part 2: 5 hours

- Session 6 - Part 1 reflection / Part 2 introduction
- Session 7 - Motivation and enjoyment
- Session 8 - Resilience and coping with setbacks
- Session 9 - Competition preparation and routines
- Session 10 - Working with others / Part 2 reflection

*For more information and to get started
Email:*

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