



The  
Skating  
Club  
of Boston.

# THRIVING PARENTS

**Thriving =  
Performance Success *with*  
and *through* Well-Being**

An online program that offers new modules each month to provide skating parents with evidence-based, actionable tools to help your athlete successfully navigate the stressors of competitive skating and ultimately help them to thrive.

THIS COURSE ALIGNS WITH THE **THRIVING COACHES** ONLINE COURSE WHICH THE SKATING CLUB OF BOSTON IS REQUIRING ALL STAFF COACHES COMPLETE IN 2023.

**CLICK if you are a...**

- **PARENT wanting to access the *Thriving Parents* online program**
- **PARENT wanting to access *Thriving Parents & Thriving Athletes* online programs**

**July\***

**WELCOME:** Introduction to unconditional regard in sport parenting  
**BUILD YOUR TEAM:** When & how to seek support for mental health concerns

**August**

**BE ALIGNED:** Strengthen communication & connection with your athletes  
**BELIEVE:** Help your athletes build self-belief and self-confidence  
**BE BOLD:** Help your athletes respond to challenges more effectively

**September**

**BE PREPARED:** Help your athletes strengthen self-discipline  
**BE CONSISTENT:** Help your athletes manage performance anxiety

**October\***

**BEND, DON'T BREAK:** Help your athletes deal with success  
**BEND, DON'T BREAK:** Help your athletes deal with adversity

**November**

**BE CURIOUS:** Help your athlete learn from their competitive experiences  
**BE HUMAN:** Help your athletes recover & reflect

**December**

**BE YOUR BEST:** Help your athletes sustain excellence  
**ASK ME ANYTHING:** Q&A with Dr. Lauren McHenry

*\*Offered in-person and virtually*

## Each Month of Virtual Programming Includes:

- Series of video lessons (3-10 minutes each)
- Reflection questions
- Activities to implement yourself and with your athlete
- Questions to ask your athlete to support discussion of concepts
- Handouts
- Resource List

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The  
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# THRIVING ATHLETES

## Thriving = Performance Success *with* and *through* Well-Being

An online program that offers new modules each month to provide skaters with evidence-based, actionable tools to help you successfully navigate the stressors of competitive skating and ultimately thrive in your sport.

THIS COURSE ALIGNS WITH THE THRIVING PARENTS & THRIVING COACHES ONLINE COURSE WHICH THE SKATING CLUB OF BOSTON IS REQUIRING ALL STAFF COACHES COMPLETE IN 2023.

### CLICK if you are a...

- [PARENT wanting to access \*Thriving Parents & Thriving Athletes\* online programs \(for parents of athletes under the age of 18\).](#)
- [ATHLETE \(18yo+\) wanting to access the \*Thriving Athletes\* online program](#)

### July\*

**WELCOME:** Introduction to self-regard & the competitor's mindset  
**BUILD YOUR TEAM:** When & how to seek support for mental health concerns

### August

**BE ALIGNED:** Strengthen communication with yourself, parents, & coaches  
**BELIEVE:** Building self-belief and self-confidence  
**BE BOLD:** Responding to challenges effectively

### September

**BE PREPARED:** Strengthening your power through self-discipline  
**BE CONSISTENT:** Managing performance anxiety

### October\*

**BEND, DON'T BREAK:** Dealing with success  
**BEND, DON'T BREAK:** Dealing with adversity

### November

**BE CURIOUS:** Learning from competitive experiences  
**BE HUMAN:** Recovery & Reflection

### December

**BE YOUR BEST:** Sustaining excellence  
**ASK ME ANYTHING:** Q&A with Dr. Lauren McHenry

*\*Offered in-person and virtually*

## Each Month of Virtual Programming Includes:

- Series of video lessons (3-10 minutes each)
- Reflection questions
- Activities to implement during training & at competition
- Questions to help guide discussion with parents and coaches
- Handouts
- Resource List

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