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.

CLICK if you are a...
- PARENT wanting to access the Thriving Parents online program
- PARENT wanting to access Thriving Parents & Thriving Athletes online programs

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

July*

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

August

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

September

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

October*

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

November

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

December

*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

LAUREN MCHENRY, PHD, CMPC, NCC: LAUREN@MCHENRYMENTALPERFORMANCE.COM
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.

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

LAUREN MCHENRY, PHD, CMPC, NCC: LAUREN@MCHENRYMENTALPERFORMANCE.COM