

How to Support Your Student Athlete

Parent Workshop on Encouragement, Communication & Advocacy

Parents and caregivers play a powerful role in shaping how athletes experience their sport.

This workshop is designed for parents who want to better understand how to support their student-athletes' mental game, personal growth, and ability to advocate for themselves both on and off the field. Knowing when to lean in and how to advocate with your athlete can make a lasting impact.

Parents Learn How To

- Find effective ways to connect with your child about their athletic achievements and performance
- Encourage healthy self-advocacy in their athlete
- Know when and how to engage with coaches, teams, or administration
- Recognize signs of stress, burnout, or misalignment in their athlete's experience

Workshop Details

Duration: 1 hour

Cost: \$30 per participant

Minimum group size: 5 participants

Available in person (Connecticut) or online nationwide

Great For

Parents or caregivers of student athletes of all ages



**Request a
Workshop**

