



## BECOMING A MENTALLY STRONG ATHLETE

Mental toughness is a term tossed around a lot in sport. Often, athletes have little idea what that looks and no opportunity to build or practice it, until they are pushed to live through their difficult moments. Until now.

### HEROES IN OUR MIDST: WORKSHOP SERIES

This 4-week program unpacks what mental toughness is and teaches athletes the skills for how to become mentally tough in their sport. Held virtually, the workshops allow athletes to connect weekly with program facilitators and athletes across the province to learn about and put into practice the skills necessary to become a resilient individual- in and out of sport.

#### Topics Covered:

1. Adopting a Video Game Mindset
2. Beyond the Glory
3. Be Your Own Best Coach
4. Your Resilience Toolkit

#### Program Details:

Athletes start with a 20-minute one-on-one online consult with program facilitator

#### Weekly content includes:

- 1-hour online group calls  
Preparation work sent in advance of calls
- Takeaways sent following calls
- Opportunities to connect with group and facilitator throughout the week

## August 4 - 26, 2020

Tuesday and Wednesday morning, afternoon, or evening

*Individual athletes will be placed in groups based on sport level and common interests. Athlete groups and team enrollment is encouraged, additional customization for teams available.*

**Enrollment closes July 24, 2020**



**\$200**



#### ABOUT THE PROGRAM:

##### Heroes in Our Midst

workshop series are offered by facilitators trained in mental performance and sport psychology who hold graduate degrees in clinical and counselling psychology. All services are developed with and supervised by leading Winnipeg Sport Psychologist Dr. Adrienne Leslie-Toogood.



##### Heroes in Our Midst is

excited to announce the launch of a Podcast series. Episode #1 featuring Chantal Van Landeghem debuts July 27, 2020.

