

SNFSC PRESENTS

The **Balanced Athlete Workshop**

A full day of mental performance training featuring *Kelly Hobbs*, Mental Performance Coach

9:00 AM

Welcome for all participants

All Ages

Separate sessions for
kids and adults

4:45 PM

Parent seminar wraps up
what the kids learned

◆ THE SESSIONS ◆

1 JUST CHILL, JUST BREATHE

What if calming your nervous system is easier than we think? Performance anxiety and stage fright show up at every age. This session introduces breathing techniques, progressive muscle relaxation and imagery: tools for athletes, coaches and anyone managing stress. Rather than waiting for a problem, athletes learn these proactively so they can accept “nerves” and “butterflies” as a normal, even positive, part of performing.

2 EMOTIONAL INTELLIGENCE IN SPORT & PERFORMANCE

Sports bring out every emotion, highs and lows. Instead of stuffing feelings and “pushing through,” athletes learn to find the source of those feelings and how they shape their experience. Covers the cognitive behavioral triangle, exercises for connecting emotions to actions, managing expectations, and creative ways to keep the fun in demanding sports, including peer relationships, coach pressures, and parents who push a bit too hard.

3 CONFIDENCE 101

We all want it, but how do we get it, especially in sports where failure rates are high? This session breaks down the essential components of confidence and how to take ACTION on it daily. Kelly helps athletes build on their strengths, address their fears, and find real-time tactics to push past their comfort zones, while tackling confidence drains like comparison and unrealistic expectations.

Goal: leave with a can-do mindset!

4 FOCUS & LOCUS (OF CONTROL)

Athletes learn locus of control: the difference between focusing on what they can control and what they can't, plus strategies for sharper concentration and focus. Practical techniques to build confidence, manage stress, strengthen resilience, and enhance performance both on and off the ice.



Fueling for Sport

with a Registered Dietitian



Yoga Classes

with a certified yoga instructor

◆ Appropriate and beneficial for **all ages!** ◆