



## **The Next Big Hurdle: Supporting your Child's Mental Development in their Sport**

This webinar discusses the role of the sport parent in supporting the mental fitness of their developing athletes. Members of the sport community will agree that developing skills and tools to manage the mental demands of sport are very important. However, very little time is spent developing these skills when compared to the physical and technical training aspects of development. As athletes learn about their sport and start to engage in competition, an understanding of how parents can support their children with the mental component of their sport is often overlooked. This webinar will provide a structure and some practical tools on how parents can do their part in supporting their children's mental game.



### **About the Presenter:**

This session will be delivered by Geoff Hackett, a mental performance consultant (MPC) at PacificSport Vancouver Island. Geoff works with athletes, coaches and parents on providing mental skills to reach their potential in their sport. In addition to his role at PSVI, he works as an MPC with the Canadian Sport Institute and Team BC. He is a Professional Member in the Canadian Sport Psychology Association.