



# “MENTAL TOUGHNESS TRAINING”

## A One Day Workshop for Coaches and Parents

This **one day workshop** is designed to help **coaches and parents** of developing **snow sports athletes** to be even better mental coaches by providing “take home” mental methods that target the five core areas of **mental toughness** (confidence, concentration, communication, emotions and motivation). Facilitated by a genuine expert in mental conditioning, attendees will get a **Level One** participation certificate that can be used for CPD purposes. For more information on what **mental methods** will be covered please go to the event **registration links** located to the right. For any further information or questions please email the event organizer at [info@condorperformance.com](mailto:info@condorperformance.com). **See you there!**



## Mental Toughness Training for Coaches & Parents LEVEL ONE

**Jindabyne Sport and Rec Centre**

**Sunday 7<sup>th</sup> July and  
Tuesday 9<sup>th</sup> July from  
10 am – 5 pm  
(the same course run twice)**

**\$121 per person  
Light lunch included**

**Places limited**

**Sunday:**

[www.metufsnow.eventbrite.com.au](http://www.metufsnow.eventbrite.com.au)

**Tuesday:**

[www.metufsnow2.eventbrite.com.au](http://www.metufsnow2.eventbrite.com.au)

## FACILIATED BY

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