

SPEAK UP! Stay ChatTY JUNIOR SPORTS PROGRAM

Sporting clubs are an amazing place to build connection, belonging and to support wellbeing.

The Stay ChatTY Junior Sports Program offers FREE sessions for young athletes, coaches and parents. The Program is evidence-informed and draws on concepts from positive psychology, including mindfulness, self-compassion and strengths-based approaches.



CHATTY MINDS

This 45 minute session helps young athletes identify stress – how it shows up in their body and in their thoughts. We explore the concept of the inner critic, the need to invest more of our attention into taming this critic, and ways young athletes can build their inner coach.

BOUNCE

BOUNCE is an interactive 45 minute presentation designed to help young athletes (ages 10-14) develop resilience, identify their strengths and understand the importance of teamwork. Through activities and brainstorming, athletes are guided towards developing personalised strategies to help them navigate through challenges.

“Accepting we’re allowed to have this inner critic; and finding a way to use that positively instead of negatively.”

Chloe Abel
Tasmanian Tigers Player

Let's work together:

- Ready to book a SPEAK UP! Stay ChatTY Junior Sports presentation at you club? Scan the QR code and book online.
- Need more information? Email staychatty@reltas.com.au or check out our website: staychatty.com.au



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