



Mind of a Champion: Building Resilience for Sports, School and Life

Powered by the Resilient Youth Initiative

**Transform Your Athletes' Performance:
On and Off the Field**

Free Course for Will County
Youth Athletes & Their Families



UNITED WAY
Will County

815-723-2500 | uwwill.org

What if your athletes could...



Perform their best when it matters most – turning pressure into peak performance



Bounce back from setbacks faster – developing unshakeable mental toughness



Stay focused under pressure – blocking out distractions and negative thoughts



Develop lasting confidence – maintaining self-belief through wins and losses

The Mind of a Champion Program delivers proven results:

Mind of a Champion comes from the *Resilient Youth* program – a school-based initiative that helps students grow strong minds and confidence. Now designed just for athletes, this version teaches the same skills used by Olympic athletes and sports pros: visualization, mindfulness, confidence-building, and goal-setting. Here's the best part, these tools don't just help with sports; they help with academic performance, test-taking, presentations, and life challenges.

This isn't just sports psychology – it's life preparation!

Perfect for Busy Student Athletes & Families:

- **Completely online and self-paced** – fits your schedule
- **Just over 3 hours total** – manageable, bite-sized sessions that won't overwhelm your routine
- **Easy-to-learn techniques** – practical strategies you can start using immediately
- **Works for any sport** – basketball, soccer, tennis, track, volleyball, and more
- **Champion's Journal included** – track your progress and build winning habits



“ My daughter’s confidence is off the charts. Mentally, she is in a great place. She is playing like I have never seen her play before. I believe your training was a tremendous help! ”

– Mark B., Los Angeles, CA

“ The mental preparation played equally as large of a role as the physical. Before, during and since her competition our daughter has utilized the skills taught in the program. Mind of a Champion is a game changer! We are so thankful for the Mind of a Champion program! ”

– Sherilyn & Matt H., Naperville, IL

“ I want to thank you for your insight and words of encouragement and guidance for the girls’ basketball team. My daughter is on the JV team and she came downstairs and talked for a half-hour about breathing techniques and strategies for positive thinking. This is SO important, now more than ever, and it sounds like you had them all fully engaged! You definitely made a difference in many of those girls’ lives! ”

– Meghan C., Centerville, MA

What Champions Practice Daily:

Your athletes will learn to use **mental imagery, concentration training, mindfulness practices, and confidence-building routines** that elite performers use to excel when the stakes are highest.



FREE for All Will County Residents!

Through United Way of Will County, with support from the ARPA grant, this program is provided at no cost to Will County athletes in grades 5-12 and their families.

**Additional questions
regarding Mind of a Champion?**
Contact Pete Sullivan at pete@uwwill.org.

TO REGISTER



This program is made possible through the generous support of the ARPA grant. Mind of a Champion takes the best parts of the Resilient Youth program, like building confidence, focus, and bounce-back skills, and puts them into a short, online course designed for students and athletes like you.