



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 educators, coaches and administrators
who reside in Will County or work at a school therein.



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 is built from the same foundation as the *Resilient Youth Initiative* – a comprehensive mental wellness program helping students thrive in school and life. This version delivers those same proven tools through the lens of sports performance, using techniques practiced by Olympic athletes and professional sports stars. Through visualization, mindfulness, goal-setting, and pre-performance routines, your athletes will develop resilience that transfers far beyond the field: into academics, leadership, and life's everyday challenges.

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

Perfect for Busy Coaches & Teachers:

- **Completely online and self-paced** – fits your schedule
- **Just over 3 hours total** – manageable, bite-sized sessions
- **Packed with actionable strategies** – ready-to-implement techniques you can implement immediately with your athletes
- **Ready-to-use activities** – everything you need to implement immediately
- **Earns 3 hours of Illinois State Board of Education PD credits**



“ 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 was developed as an extension of the Resilient Youth Initiative. This new version brings the same proven skills directly to coaches and educators through an accessible, digital format that fits into your busy schedule.