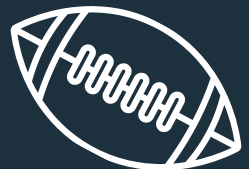




YOUTH MENTAL SKILLS SERIES

Helping Young Athletes Build
Confidence, Resilience & Focus



MEET YOUR MENTAL SKILLS COACH

I'm Carlie Grandjean, a Licensed Professional Counselor and mental performance coach. I am also the owner of Master Your Mind, a private practice that I dedicated to working solely with athletes.

As a former collegiate athlete and coach I have experienced firsthand the mental challenges of sports. I now specialize in helping athletes of all ages develop crucial mental skills.

Athletes who succeed aren't those who never struggle, but those with tools to overcome challenges. Many young athletes focus on physical training, neglecting mental skills like confidence and resilience.

That's why I created the Youth Mental Skills Series, designed for ages 10–13, offering engaging sessions to build a strong mental foundation. My aim is to help athletes become more confident, resilient individuals, both in sports and in life.

THROUGHOUT THE SERIES, ATHLETES WILL LEARN HOW TO:

- ✓ Build lasting confidence from the inside out
- ✓ Develop encouraging and helpful self-talk
- ✓ Bounce back after mistakes and setbacks
- ✓ Manage big emotions during competition
- ✓ Handle pressure and game-day nerves
- ✓ Improve focus and reduce distractions
- ✓ Create routines that help them feel prepared and ready to compete

WEEKLY TOPICS

Week 1: Building Confidence

Discover what confidence really is, what helps it grow, and how to develop self-talk that builds confidence instead of breaking it down.

Week 2: Bouncing Back from Mistakes

Learn how to understand emotions, recover after mistakes, and respond to challenges with confidence and resilience.

Week 3: Handling Pressure & Nerves

Practice simple strategies for managing game-day nerves, handling pressure, and feeling prepared when competition feels big.

Week 4: Focus & Game-Day Routines

Learn how to manage distractions, stay present, and build personalized routines that support confidence before, during, and after competition.

IS THIS PROGRAM RIGHT FOR YOUR ATHLETE?

This series is designed for athletes who:

- Get discouraged after mistakes
- Feel nervous before games or competitions
- Are hard on themselves when things don't go as planned
- Want to build confidence both on and off the field
- Want to improve their focus and emotional control during sports
- Love sports and want to continue growing as an athlete and teammate

No previous experience with mental skills training is needed.
Athletes from all sports and experience levels are welcome.

FREQUENTLY ASKED QUESTIONS

What age is this program for?

The Youth Mental Skills Series is designed for athletes ages 10–13. Activities, discussions, and examples are tailored specifically for this age group.

Does my athlete need to play a specific sport?

No. Athletes from all sports are welcome.

Does my athlete need previous mental skills experience?

Not at all. This program is designed for beginners and focuses on teaching foundational skills in a fun, age-appropriate way.

What if my athlete is shy?

That's completely okay! Small groups are intentionally kept small so athletes can feel comfortable participating at their own pace. Many quieter athletes become more engaged as they realize other athletes have similar experiences with nerves, mistakes, and confidence.

Is this therapy?

No. This is a sports-focused mental skills program, not therapy or counseling. The sessions focus on confidence, resilience, emotional regulation, pressure management, and focus in an athletic setting.

What does my athlete need for the small-group sessions?

For virtual sessions, athletes should have:

- A piece of paper or notebook
- Something to write with
- A quiet space free from distractions
- A place where they can sit comfortably and unmute their microphone to participate and share

Participation and discussion are an important part of the program, so athletes should be in a space where they can actively engage with the group.

PROGRAM DETAILS

Who: Athletes ages 10–13

Format: Small-group sessions (3–8 athletes)

Length: 4 weekly sessions

Session Time: About 40 minutes each

Location: Virtual (Zoom link provided)

Investment: \$225 per athlete

SIGN UP OPTIONS:

Option 1) Create Your Own Group

Families are welcome to register individually, or gather 3–6 teammates, friends, or siblings to create a private group experience.

Private groups offer the same engaging curriculum while allowing athletes to learn alongside familiar faces.

Option 2) Individual Registration:

Register your athlete individually, and they'll be placed in a small group with other athletes similar in age.

GIVE YOUR ATHLETE SKILLS THAT LAST BEYOND THE GAME

The confidence, resilience, and focus athletes develop during this series don't just help them in sports – they support them in school, friendships, and everyday challenges.