

LET'S TALK ABOUT MENTAL WELLNESS

Mental Wellness for Peak Athlete Performance

Topic Overview

- Mental Wellness as the foundation for mental performance
 - Everyone plays a role in athlete and youth mental health
- Identify risk factors and resources
- Understanding protective factors in mental health & wellness
- The critical role sport can play as a protective factor in mental health
- How mental health performance strategies can be used to improve athlete wellness



December 4th, 2025



7:00 PM



Online – Zoom



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Mental Performance Trainer



Register Now!

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