MENTAL WELLNESS for Coaches

Come Join Us in April!
Tuesday, April 13th & Thursday, April 15th from 5:30-8PM MST
Register by April 1st. Space is limited.

Virtual Link:
Register in advance for this meeting:
https://ucdenver.zoom.us/meeting/register/
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Topics to Include:
• Interviews with Mental Health Advocates
• Understanding Mental Health
• Stress Management
• Building Resiliency
• Self-Care for Coaches
Overview:

The goal of the Mental Wellness for Coaches (MWC) program is to promote mental wellness as an early prevention measure for ongoing mental illness. Coaches, whether athletic, drama, music, debate, or any other specialty area, are well-positioned to promote mental wellness concepts and activities among the adolescent students they teach. Coaches develop different relationships with students, observe them in different environments, and have unique teaching opportunities.

WorkShops:

Understanding Mental Health: This workshop is designed to establish a base understanding of mental health concerns that coaches may come across in their work. Participants learn common sign and symptoms, with targeted discussions on the barriers to treatment and how best to support those they work with a mental health condition or concern.

Building Resiliency: A critical component to life and performance is the ability to overcome barriers and view obstacles as motivation. This workshop will discuss ways coaches can help develop skills and strategies for building resiliency with those they work with. Participants will learn best practices in communication as they support their team in bouncing back.

Self-Care for Coaches: Self-care is critical to performance. Coaches, who are often working long, stressful hours, can also benefit from understanding self-care strategies. This workshop is an interactive, collaborate training, introducing the concept and importance of self-care as a basis for both personal and professional success. Participants will walk away with an understanding of the importance and necessity of self-care and the ability to identify areas of improvement in one’s own self-care while recognizing different techniques and habits to develop a well-balanced lifestyle.

Stress Management: An interactive workshop focused on recognizing the foundation of stress while learning simple techniques to reduce the impact of stressors. During this training, participants will learn practical tips and tools to manage stress and change unhealthy habits that can be applied to their own work or helping others.

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Handbook:

- Understanding Mental Health: Communication tool and resources
- Building Resiliency: 7 C’s, process tool
- Stress Management: Stress wheel and category tool
- Self-Care for Coaches: Reflection and preventive plan, assessment, and worksheet