Bridging the Mental Health-Performance Gap in Sport

- Workshops and Series -

Every workshop below is built to flex. Longer or shorter, one session or a series, delivered around your training and competition schedule.

The Thriving Athlete

Build the Athlete You Want to Become

These four workshops build the mental skills that separate good from great. They also build the ones you'll carry long after your last competition. Resilience. Confidence. Knowing yourself. We bridge the gap between mental health and performance, because taking care of yourself and chasing excellence aren't competing priorities. They're inseparable. Sustainable excellence means showing up at your best more often, recovering smarter and building a career in sport that makes you better, not broken.

The Thriving Athlete

1	2	3	4
Know Yourself, Know Your Game	**Finding Your Zone and Staying There**	**Mastering Your Mind**	**Preparing for Peak Performance**
Your strengths AND what throws you off	Your energy under pressure	Your focus, self-talk and confidence	Your prep plan for competition day

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1. Know Yourself, Know Your Game

Understanding what makes you tick, both your strengths AND what throws you off

You can't get better if you don't know yourself. What are you naturally good at? What gets you fired up? What completely derails you? This session helps you figure out your strengths as an athlete and teammate, plus what triggers frustration, doubt or distraction.

You'll learn to set goals that actually mean something (not just numbers), debrief with yourself and your coach in ways that lead to real improvement and use journaling to track patterns you might otherwise miss. Because self-awareness isn't just feel-good stuff. It's how you get smarter about your game and stop making the same mistakes over and over.

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2. Finding Your Zone and Staying There

Managing your energy so you can perform when it matters

Your best performance isn't about being calm or hyped. It's about finding the right intensity for you and knowing how to get there when the pressure's on. Some athletes need to settle their nerves; others need to pump themselves up. Either way, you've got more control than you think.

Using breathwork and mindfulness, we'll teach you to read what your body's doing, dial your energy up or down as needed and compete with butterflies in your stomach instead of waiting until they're gone. You'll learn how to prepare before you compete, reset after screw-ups and stay solid when everything feels chaotic. We'll also talk about how teammates can help each other stay steady and what you actually need from your coach in big moments.

Managing your body's reactions under pressure is what separates good from great.

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3. Mastering Your Mind

Controlling your thoughts, sharpening your focus, building real confidence

That voice in your head saying you're not good enough? It's loud and it's usually lying. Your mind wandering to the crowd, your last mistake or what people are thinking? That's killing your performance.

We'll show you how to notice when your self-talk is dragging you down, challenge the thoughts that aren't helping and build an inner voice that's tough and supportive. You'll also learn to control where your attention goes, catching yourself when you drift and getting back to what matters. We'll practise using imagery (mental rehearsal) to prepare for competition and build confidence before you even step into the arena.

Confidence isn't something you're born with. It's built through how you talk to yourself, where you put your focus and who you choose to listen to. Learn to lean on teammates who believe in you and coaches who push you to get better.

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4. Preparing for Peak Performance

Planning ahead so you're ready when competition day hits

Competition day doesn't start when you step up to perform. It starts with how you prepare. This session teaches you to build routines that calm your nerves, sharpen your focus and help you trust yourself.

You'll create your own prep plan for the night before, the morning of and those final moments before you compete, covering your warm-up, your mental game and your physical readiness. You'll also learn how to tell coaches what you need, lean on teammates to stay grounded when you're nervous and tune out distractions that mess with your head.

Showing up prepared, body and mind, is how you perform with confidence and set yourself up to go the distance.

Two ways to run it: as an educational series, or individualized with a pre- and post-meeting for each athlete and a parent, which makes it eligible for private insurance through our regulated psychology practice.

Athlete Workshop

Take Your Passion. Make It Happen.

For athletes and teams: Unlocking your best self as an athlete AND a teammate

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Teaches athletes to tap into what already drives them and use it to unlock their best self as an athlete AND a teammate. They learn how to work with the emotions and the energy they bring, individually and as a group, so those become fuel for performance rather than something that gets in the way. Athletes leave knowing their individual strengths, their team superpowers and how to get in sync with each other when it counts.

We'll work on:

- **Strengths and superpowers:** What makes you different as an athlete, and what your team is capable of together. Owning what you are actually good at is where motivation and purpose come from
- **Picking up the vibes:** How your thoughts and feelings shape your self-talk, your performance and the energy of the whole group. This is trainable, not just something that happens to you
- **Getting in sync:** Using body awareness and attention to line up with each other, and what it actually takes to move as one instead of hoping it clicks
- **Connecting to compete:** Presence, openness and the ability to adapt to each other, so the group can do together what none of you could do alone
- **Carrying it into competition:** Using these skills when it counts and the room is loud, not just when things are calm

Tap into your individual strengths and your team superpowers. Connect with the feelings that fuel you and the energy between you. That is how a group of athletes becomes a team that lifts each other.

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Team & Culture Workshop

Building a Culture of Excellence

For coaches, staff and athletes: Creating culture through real connection

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Aligning values with actions. Defining expectations. Planning for how to get back on track if behaviours don't align with values. All of these require clear and consistent communication. They require awareness of what others need to be their best selves. How you talk to each other, in practice, in competition, in the locker room, shapes everything. This workshop brings athletes, coaches and staff together to build the communication that turns individuals into a team that actually trusts each other.

We'll work on:

- **Co-creating culture:** Making sure your team values show up in how you actually act. Creating plans for when people act in ways that go against those values
- **Talking under pressure:** Staying clear when the stakes are high and emotions are running hot
- **Celebrating what's real:** Recognizing what people bring without fake hype
- **Supporting through the hard stuff:** What to say when teammates are struggling or doubting themselves
- **Bouncing back as a group:** Handling losses and keeping belief in each other alive

The best teams communicate with honesty, care and guts, especially when it's uncomfortable. Championships get built on relationships and alignment, not just talent.

Parent, Coach and Staff Workshop

Recognizing Red Flags

Responding Effectively to Athlete Mental Health Concerns: Everyday Challenges, Urgent Issues and Emergencies

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That kid who used to love practice but now drags their feet? The perfectionist who loses it over one mistake? The anxious athlete obsessed with what everyone thinks? The restless, unfocused athlete who can't seem to lock in? Learn to spot when normal stress becomes something bigger and what to do about it.

This session gives you the tools to recognize early warning signs, have tough conversations without making it worse and get young athletes the right support before things spiral.

We'll cover:

- The difference between competition-day nerves and real anxiety, between working hard and perfectionism that has tipped into harm
- Spotting when shifts in mood, energy, eating, sleeping or pulling away mean something deeper is going on
- Crisis vs. emergency: when you need help right now and when you watch and support
- How to connect athletes with help in ways that don't break trust
- Balancing high standards with actually caring about the human

For parents: Learn to pick up on subtle signs of distress, the right questions to ask, how to listen so they'll actually talk and when it's time to get a professional involved.

For coaches: Build a team culture where asking for help shows strength, not weakness. Where getting mental health support doesn't mean lowering your competitive bar. Where taking care of your mental health is modelled as a foundation for best performances.

For staff: Know the part you play when an athlete is struggling, even when you are not the one having the hard conversation. Who to pass a concern to, what belongs in writing and how to keep the environment steady while it is being handled.

No one can perform well long-term if they're not well. Period. High performers tend to mask emotions and would rather put on a "performance" to please everyone else. It's our duty of care to learn how to notice the early warning signs of mental health concerns and prevent them from worsening. Because we're not just building athletes. We're building humans.

Parent Workshop

Beyond “How Was Practice?”: Connecting With Your Athlete

What to say after training, competition, wins, losses and everything in between

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The conversations you have with your kid on the drive home, at dinner or before bed matter way more than you think. What you say, and how you say it, shapes how they feel about sport, mistakes and themselves.

This workshop helps parents turn everyday conversations from grilling or critiquing into real connection and learning.

You'll learn:

- How to read your athlete's mood and match it (sometimes they want to talk; sometimes they need quiet)
- Questions that open them up instead of shutting them down (“What did you notice?” beats “Why didn't you...?”)
- How to celebrate effort and progress without pretending results don't matter
- When to give perspective and when to just listen
- How to handle losses, slumps and setbacks without fixing everything or brushing it off
- The difference between pushing for excellence and pushing past what your athlete has the capacity to carry

You can't control their performance. But you can control whether your conversations bring you closer or push you apart. Whether you help them bounce back or they suffer more in silence. Whether they soak in the wins to build confidence or dismiss them as ‘not good enough.’ The goal isn't just better athletes. It's raising tough, confident humans who know how to handle pressure, deal with disappointment and keep perspective long after sport is over.

Coach Workshop

Cultivating Excellence in Yourself (Session 1)

How to coach others well without losing yourself in the process

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You have spent years getting better at coaching and almost none on the person doing it. That is the gap this session closes. Coaching is loud. Everyone in the building needs something from you, and the pressure does not stop when you go home. This is where you learn how to develop a Dimmer Switch - one that dials your intensity, attention and what you identify with from a place of intention, not autopilot. Instead of operating from an ON/OFF switch that mirrors the nervous system's states of reactivity under threat, we learn strategies to build range to move between them on purpose.

What you get back is capacity for the long game. More choice in how you respond. More focus on what actually matters in the moment. More ease in how you carry it. You are fully in the session you are in and fully in the life you go home to.

You'll learn:

Your three dials

Intensity, attention and identity. Every coach has them. The question is whether you are moving them on purpose or they are moving you. We will look at what stuck ON and stuck OFF look like in your own coaching — not as a problem to fix, but as patterns worth knowing. Because the coaches who have range are the ones who know where they are on the dial before it shows up in the room.

Where your worth is coming from on a hard day

The link between how the team performed and how you feel about yourself is real, and it costs. One loss and you are questioning everything. A good week and you feel like you know what you are doing. This section looks at that connection directly, including what tightens when results are the only place your value lives, and what becomes possible when you find a different place to stand.

Regulation tools you can actually use in the moment

Not a one-time exercise. Not something that requires a quiet room or twenty minutes. A practice you can run before a session, at halftime, driving home after a hard one, or anywhere the pressure spikes. We will build it together so you leave knowing exactly how to use it and what it does.

Holding both

Most wellbeing workshops focus only on improving your mental health with self-care and other tools for releasing stress. As a high performer, you also need some fierce self-compassion for holding yourself accountable to a higher standard at the same time as taking care of yourself. You do not have to choose. This session practises doing both.

Coaching asks everything of you and rarely asks how you are. This workshop is focused on YOU, because your person matters as much as the work does.

Coach Workshop

Cultivating Excellence in Your Athlete, a session for coaches (Session 2)

How to motivate your athletes to give it their all

The best coaches don't just teach skills. They unlock something in people. This workshop gives you actionable communication tools, rooted in motivational interviewing and sport psychology, to help young athletes find their own drive and take ownership of their development.

You'll learn:

Working with resistance, not against it

When athletes dig in their heels or shut down, pushing harder usually backfires. Learn to roll with resistance, exploring their hesitation with curiosity rather than judgment and helping them find their own way forward instead of forcing compliance.

Asking questions that build thinking athletes

Socratic questioning helps athletes solve problems for themselves instead of waiting to be told what to do. We'll practise questions that unlock insight, develop independent thinking and build the decision-making skills that show up in pressure situations.

Having hard conversations without breaking trust

Accountability without connection is just criticism. Learn to address performance gaps, effort concerns and behavioural issues in ways that challenge athletes while strengthening the relationship. Because sustainable excellence requires both high standards and genuine care for the person.

Helping athletes discover their 'why'

Trophies and rankings only motivate so far. Learn to help athletes connect with what genuinely drives them. Their values. Their identity. Who they want to become. Process over outcome. Intrinsic motivation over external pressure. Athletes who want it for themselves, not because they fear disappointing you.

Leveraging strengths to unlock best performances

Stop only fixing weaknesses. Every athlete has something they're naturally good at. Learn to identify and build on strengths, creating confidence and competence that elevates everything else. Give people the benefit of the doubt, assume best intent and watch what becomes possible when athletes feel seen for what they bring.

This isn't about being soft or lowering standards. It's about coaching in ways that develop autonomy, competence and genuine drive, not just compliance. Because the athletes who perform best long-term aren't the ones who fear letting you down. They're the ones who've discovered what they're capable of and want it for themselves.

Important Information

Trust Us

These workshops are not just training. They bring together decades of experience from Dr. Wheeler and her team. Experts who have lived and taught others how to bridge the mental health-performance gap. Who have engaged hundreds of audiences. Who bring actionable strategies, not just theory. For more information about Dr. Wheeler, please visit *www.drheatherwheeler.com* or follow along on Instagram *@drwheelerspeaking*.

Seeing Everything as Investment

We believe sport is an incubator for developing the humans we want as future leaders. This work helps coaches and athletes unlock their potential in sport and builds the everyday skills that make them better humans outside of it. That is something we think you'll agree is worth investing in. We also believe your membership will see it that way too, especially if you make it a priority.

Built to Fit Your Schedule

Nothing here is fixed to one format. Every workshop can run longer or shorter, be delivered in a single block or split across multiple dates and be shaped into a one-off session or a full series. We work around your training and competition calendar, not the other way around. Tell us what you have room for and we will build to fit it.

Customized Programming

Every team has unique needs, challenges and goals. Content can be tailored to your culture, competitive level, age range and areas of focus, or built around a specific issue your group is working through. We'll create something that fits where your team is right now.

Multi-Workshop Packages

Teams that invest in multiple workshops receive reduced pricing. When you commit to building a comprehensive mental health and performance culture across athletes, parents and coaches, we recognize that investment with bundled rates tailored to your needs.

In-Person Delivery Preferred

While virtual delivery is available, in-person workshops create deeper connection, allow for more effective experiential learning and build stronger team culture. Embodied practices like breathwork, movement and group connection land far more deeply when we're together in the same space.

Ongoing Consultation

The real impact of any workshop comes from translating knowledge into action. We offer ongoing consultation after the workshop so teams can troubleshoot the skills in real situations. Every workshop includes feedback gathered from attendees, summarized and shared with directors or other key staff, and that feedback is most useful when we keep adjusting as we go. Let us know if you would like to explore hiring us as consultants for a longer-term partnership to support this important part of learning for your staff and athletes.

Ready to Build Excellence That Lasts?

Let's design a workshop package that meets your team where you are and takes you where you want to go. Contact us to discuss your needs and explore how we can work together to bridge the gap between mental health and performance in your sport organization or community.

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