



“Changing the Game” Workshop 5: Raising Confident Athletes

Help Your Child to Become Confident

- Confidence is a byproduct of _____
- Cannot be bought, faked or wished for – it must be _____ and _____
- Allow Kids to _____!
- Praise _____, not Outcomes

Your Child needs to Develop Competence

- Kids Enjoy Things they are _____
- Children who feel competent will naturally seek out additional challenges
- Confidence is _____ and _____
 - Confidence is a state of mind, a feeling inside that you are ready to perform, no matter what you encounter
 - It is a byproduct of preparation AND belief
 - Adults are either Confidence Builders or Confidence Breakers

Allow Your Kids to FAIL!

- *"I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot... and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan*

How to Praise Your Child

- Praise Effort, not Outcomes
- Be Clear and Concise
- Do Not _____ your child
- Do not praise by _____
- Be careful of _____

Confidence is Courage!

- *Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." - Mary Anne Radmacher*

Topics for Discussion

- Ask Yourself “Does my child display confidence?”

For more information go to:

www.sports-parenting.com

or email John O’Sullivan at john@sports-parenting.com



- Discuss with your child whether they feel confident, and how you can help them be more confident

- Discuss a recent time when your child has not been successful, and help them understand the reasons why.

- Love your child unconditionally, and make sure he has coaches and mentors that are confidence builders.

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