

Mental Well-being for Young Athletes

Mental Well-being for Young Athletes is a project by MIELI. The project produces material and ways of operation for coaches to strengthen young athletes' mental well-being. Mental well-being is a part of comprehensive coaching.

The project primarily targets coaches and other parties who are working among 10-15 year old athletes. However, the content can be applied to other age groups as well.

Mental Well-being for Young Athletes content and webpages will be translated into English in December 2022.



The coaches can support the young athletes

There are two online courses that are guiding coaches to use practices that support mental well-being in their everyday coaching. The online courses are free of charge and registration is not needed.

All content can be found on mieli.fi/nuorimieliurheilussa – in english in December 2022.

Contact: katri.lilja@mieli.fi



Mental Well-being for Young Athletes - online course for all coaches, 30min

Target group: All coaches, beginner coaches

Main content

- Guiding coaches to use ***Characteristics of a quality practice*** in their everyday coaching.
- Encouraging coaches to actively evaluate and improve their coaching methods and practices.
- Taking into account practices for improving mental well-being and applying them in an everyday environment.

[To the online course](#)



Mental Well-being for Young Athletes - Advanced online course, 3 hours

Target groups: Advanced coaches, professional coaches, heads of coaches

Main content

- Practices to advance athletes' mental well-being – *Characteristics of a quality practice, Coach's conversation openings, Reflection exercises for young athletes*
- Adding practices and methods to improve mental well-being to be a part of seasonal plan as well as part of everyday coaching.

[To the online course](#)



Materials to download

Practical materials for coaches

- Characteristics of a quality practice
- Coach's checklist
- Coach's conversation openings
- Reflection exercises for young athletes
- In addition, material for cooperation with parents

The online courses are encouraging coaches to choose a dimension of mental well-being to focus on through

- a) Procedures and ways of operating in practices (online course for all coaches)
- b) Organized and long-term oriented ways of operating in everyday coaching (advanced online course)



Dimensions of mental well-being in sports

Stable and intact boat

Intact boat is safe. **Safe environment, relationships and interaction** and sense of **accomplishment** create a stable foundation for operation.

Wind in the sails – Opportunities for growth

An athlete who has a lot of "strong sails" will have a pleasant and rewarding journey. Strong sails will help in changing direction and to be flexible throughout the whole journey. **Presence and engagement, positivity** and **meaning** are operating as the sails.

