



INTRODUCTION

As parents, we play a crucial role in our children's sporting journey, not just by cheering from the sidelines but by actively supporting their growth and development. This workshop is designed to empower parents with the tools and insights needed to foster a positive and enriching sports experience. It will cover key aspects such as enhancing communication, managing expectations, and handling both successes and setbacks on the field.

At Mindsports, we recognize that your role goes beyond sports—you're your child's first coach, cheerleader, and confidant. This program will equip you with valuable strategies to help guide your child through their athletic journey while supporting their overall well-being. Remember, every athlete needs a team off the field, and your unwavering support is essential in shaping their success and development.

BENEFITS

Understanding the Athlete's Perspective 01	Enhanced Parenting Skills 02
Parents gain insight into their child's pressures, motivations, and challenges, fostering empathy and support.	Parents learn effective strategies to support their child's athletic journey, create a positive environment, and handle difficult situations.
Sportsmanship and Character Development 03	Improved Communication 04
Workshops teach parents how to instill values of teamwork, sportsmanship, and ethics in their children.	Parents learn to communicate openly with their child, leading to better understanding of each other's goals and challenges.



PROGRAM DETAILS

Mode	Offline
Language	English and Hindi
Duaration	3 Hour per day
Days	2 Day Program

MODULES

Orientation to Sports Parenting

This module aims at introducing parents to the basics of sports parenting. The parents will be introduced to the basics of mental training and to the role of parents in an athlete's life. This module also aims at helping the parents understand the motivations of their athletes and create an amazing sporting experience for the kids.

Building Young Champs

This advanced module is designed with the aim of equipping parents with specific strategies to manage their athletes effectively and help them overcome difficult situations that may arise in their sporting journey. It also aims at helping the parents empower their kids in becoming good athletes and great individuals. Parents wellbeing will also be addressed.

ABOUT MINDSPORTS

Mindsports, founded by Mugdha Bavare, combines her passions for swimming and psychology

A Counselling Psychologist and accomplished swimmer with multiple national and international awards, Mugdha aims to help athletes build a strong mental framework to excel in competitive sports. Mindsports focuses on both mental and physical training, believing that true performance excellence comes from a balanced approach. The team at Mindsports works to enhance athletes' performance and help them reach their full potential.

OUR TEAM



Mugdha Bavare

► Founder, Mindsports
► Co-founder, Disha Counseling Centre
Sports Psychologist, Paris Olympics 2024
Sports Psychologist, Women's India
Cricket Team

Kiran Salunkhe

► Sports Psychologist,
Mindsports

MSc Sport & Exercise Psychology
Former National Rhythmic Gymnast

Rasika Kalgutkar

► Sports and Counseling
Psychologist, Mindsports

MA Counseling Psychology
Former Table Tennis player

CONTACT US

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