



Yorkshire Archery
Association

Supporting mental health and well-being of athletes - in an archery context.

There is much being discussed in general life and in sport currently about mental health and the importance of awareness when returning to sporting activity. It is a focus for UK Coaching and Archery GB and was much discussed at the recent YAA Committee meeting.

YAA Coaching and YAA Safeguarding are offering to coaches and clubs the opportunity to take part in a Zoom session with Erin prior, Sport Psychologist and archer on returning to shooting and coaching – consideration of post-lockdown mental health issues.

This course is being funded by YAA Coaching and there is no cost to YAA coaches and clubs for taking part. If you would like to book a place, please send an email to:

Kath.fitzpatrick@me.com

This should contain your name, club, coach grade or club role as applicable, contact telephone number and email address. The link for the session will then be sent out to you.

Below is a flyer from Erin about the session which will take place on Saturday April 17th 7-8.30 pm.

SUPPORTING THE MENTAL WELL-BEING OF ATHLETES

BY EP SPORTS PSYCHOLOGY

90 - MINUTE ONLINE WORKSHOP

SATURDAY 17TH APRIL 7PM

**THIS WORKSHOP EXPLORES ATHLETE MENTAL
HEALTH & WELL-BEING, HOW YOU CAN SUPPORT
ATHLETES, & HOW TO CREATE A CLUB
ENVIRONMENT WHICH ENCOURAGES WELL-BEING
& PERFORMANCE.**

**SUITABLE FOR COACHES, SAFEGUARDING OFFICERS,
& ANYONE INTERESTED IN SUPPORTING MENTAL
HEALTH & WELL-BEING IN SPORT.**

*DELIVERED BY CHARTERED SPORT &
EXERCISE PSYCHOLOGIST
ERIN PRIOR*

