

# MENTAL FITNESS WORKSHOP



A free one-hour face to face workshop for high school rugby players of all genders, their parents/caregivers and coaches.

## PLAYER WORKSHOPS

Players learn how to stay mentally fit, recognise warning signs of mental health challenges and start conversations. They'll build confidence to support a mate through tough times, know when to seek help and develop skills to navigate challenges in sport and life.

## PARENT/CAREGIVER WORKSHOPS

Supporting caregivers to recognise signs their teen may be struggling, start meaningful conversations and understand when and where to seek support.

## COACHES WORKSHOPS

Equipping coaches to build team mental wellbeing, recognise when a player may be struggling and confidently start conversations and connect them to appropriate support.

*\*Parents/Caregiver and coaches workshops can be combined.*

# 90%

Of players reported increased confidence in knowing where to seek support

# 100%

Of parents/caregivers felt more confident talking with their child(ren) who might be going through a tough time

# 91%

Of players reported increased confidence talking to their friend who might be struggling

*\*Results from 2025 Movember Ahead of the Game evaluation.*

