

PARENTING FOR OPTIMAL PERFORMANCE

EMOTION MANAGEMENT

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U.S. NATIONAL DEVELOPMENT PROGRAM

YOU MATTER

Frame the
challenge

4 Pillars of
Optimal
Performance
for Parents

The What,
Why, & How of
Emotion
Management



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What words come to mind when you think about parenting?



fast bold
creative
inspiration leader focus
transpiration

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#1 - PARENT

GOAL =
Raise a good
human



#2 – PERFORMANCE PARENT

GOAL =
Promote your child's
optimal performance

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2 KEYS TO PARENTING FOR OPTIMAL PERFORMANCE



Small Wins lead to Big Wins



Use Your Parenting Superpower

PILLARS FOR OPTIMAL PERFORMANCE

For Athletes:

Emotion Regulation

Self-Talk/Inner Dialogue

Visualization/Imagery

Goal Setting

Focus/Concentration

For Parents:

Emotion Management

Communication

Promoting Well-Being

Effective Boundaries

COMMON EMOTIONAL HURDLES FOR ~~ATHLETES~~ PARENTS OF ATHLETES



- Unawareness/denial of stress or emotional intensity
- Easily frustrated/limited resilience
- Excess worry or performance anxiety
- Unable to accept feedback



OPTIMAL PARENTING PERFORMANCE PILLAR #1: EMOTION MANAGEMENT

- Having the appropriate emotional response, state, and/or expression at the appropriate time
- Mental agility: manage highs and lows, uncertainty
- Awareness of the impact of emotions
- Using emotions effectively

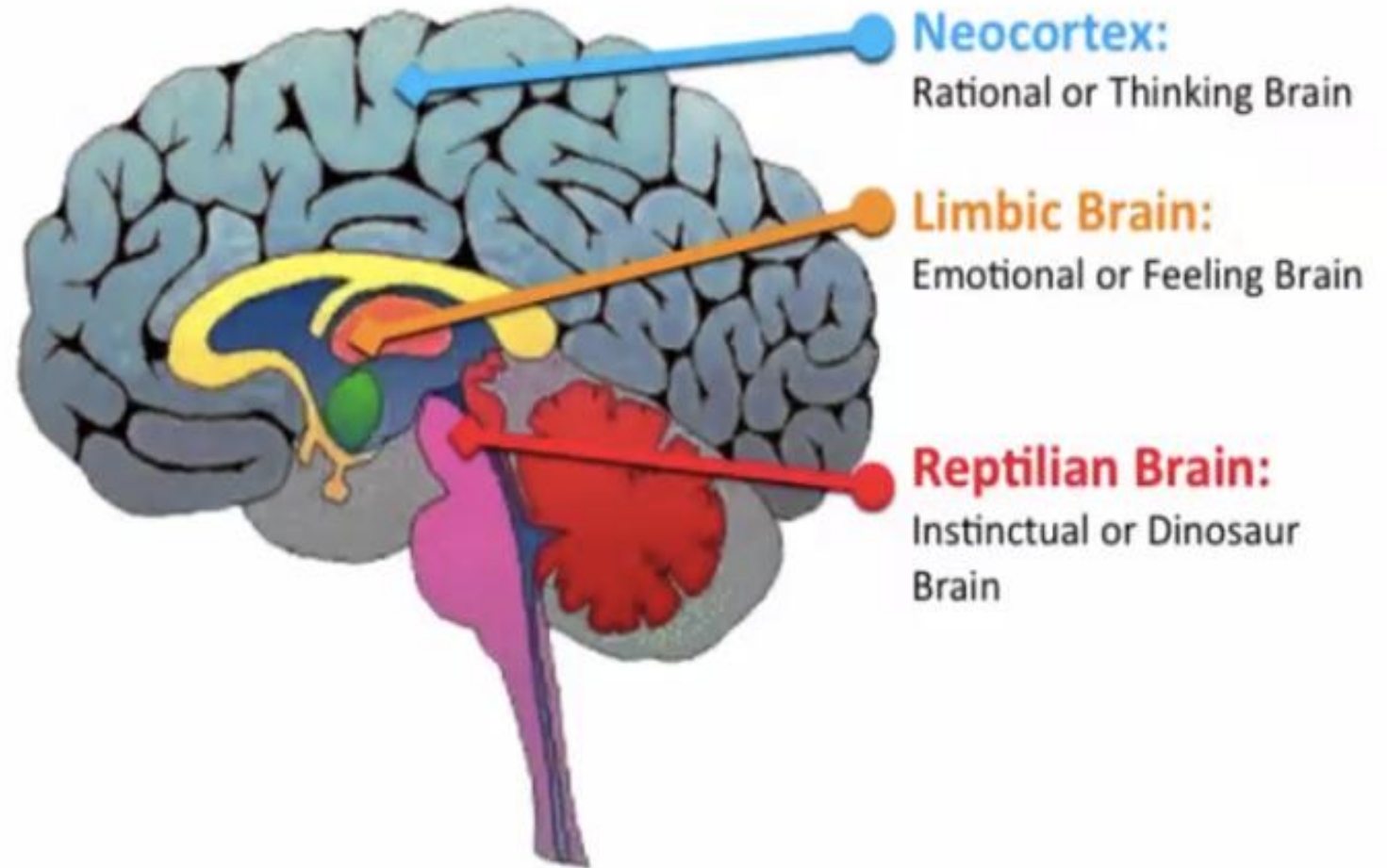


WHAT YOU CAN DO...FOR YOUR ATHLETE

- Encourage identifying specific emotions
- Emotions are DATA
 - Help your athlete better understand what is creating discomfort
 - Creates space for your athlete to make decisions about how to respond
- Reframe: important for growth/self-knowledge
- Validate and tolerate

WHAT YOU CAN DO...FOR YOU

- Be Patient! Your player's brain is not fully developed
- Manage your own emotions: notice negative reactivity as something to actively manage
- Redirect: breathe, positive anchor statements, be attuned to self-talk



EMOTION MANAGEMENT: DOS AND DON'TS

DON'T:

- ✗ Ignore or avoid what you notice
- ✗ Engage immediately after a bad round, if at all
- ✗ Make assumptions
- ✗ Judge or challenge emotions
- ✗ React strongly or yell at your child in the moment
- ✗ Forget you are playing the long game...your relationship will last longer than their golf careers

DO:

- ✓ Bring awareness to what you are doing
- ✓ Stay calm, project confidence
- ✓ Validate feelings and experiences
- ✓ Remember, your child is doing their very best
- ✓ Expect mistakes
- ✓ Ask "is there anything I could do to be helpful?"

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What would you say or do next?

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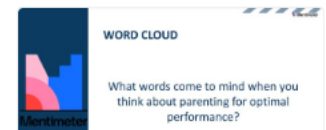
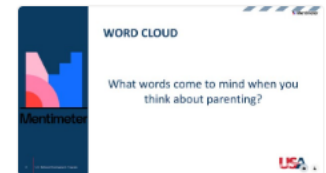


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TOOLKIT: EMOTION MANAGEMENT

**Name it to Tame it:
IDENTIFY the feeling**

Creates space to respond
effectively

**ACCEPT the emotion, “I
see you”**

Strive to observe it
without judgement or
reactivity

Redirect to the PRESENT

In the here and now:
breathe, one-shot
mindset

Engage other senses: be
where your feet are



THANK YOU!



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