



# MINDBALL



## BROCHURE

***Play Strong. Think Stronger.***

### ABOUT MINDBALL

MindBall is a mindset, mental health, and wellbeing development workshops designed to help young people build the mental skills needed to navigate challenges, pressure, and everyday life. Through simple, practical tools and activities, MindBall helps young people learn how to manage emotions, maintain focus, respond positively to setbacks, and build resilience. The workshops empower participants to develop confidence, self-awareness, and a healthier mindset both in and outside of school, sport, and daily life.

Alongside this, MindBall supports mental health awareness by helping young people better understand their thoughts and emotions, develop healthy coping strategies, and feel more confident speaking about their wellbeing. The programme creates a positive and supportive environment where participants can build emotional resilience, strengthen communication skills, and develop habits that support long-term mental wellbeing.

Workshops are designed for Academies, Grassroots Clubs, Schools and Community Football Programmes.

### WHY MINDBALL?

- Build healthy confidence and self-belief
- Develop emotional control during performance and daily life
- Strengthen resilience after mistakes and setbacks
- Create consistent performance and wellbeing habits
- Increase awareness of mental health and emotional wellbeing
- Encourage positive communication and help-seeking behaviours

### FOUNDATION WORKSHOP

1 Session – 60 Minutes

The Mindset Workshop introduces young people to the importance of mindset and how it influences performance and behaviour. Players learn what they can and cannot control and are given practical tools and techniques to manage real situations in everyday life. The session aims to increase confidence, improve decision-making and help young people stay calm in heightened situations.

### MENTAL HEALTH WORKSHOP

1 Session – 45-60 Minutes

The Mental Health Workshop explores the realities of mental wellbeing in sport and everyday life, drawing on personal experience from the professional game. It encourages open conversations around pressure, identity and challenge, while helping players better understand their thoughts and emotions. Participants are given practical tools to support their mental health, with a focus on reducing stigma, building resilience and creating the confidence to speak up.

### PERFORMANCE WORKSHOPS

6 Session Performance Programme

The Performance Workshops expands on the Mindset workshop by delivering the full MindBall model in depth across six structured sessions based around the 'MindBall Model'. It develops stronger a stronger mindset, deeper emotional control and consistent performance behaviours over time.

## WORKSHOP PRICING

For pricing information, please contact directly. MindBall will be happy to discuss your requirements and provide a tailored quote if necessary.

## WHO WE WORK WITH

- Football Academies
- Grassroots Clubs
- Schools and Education Programmes
- Community Initiatives

## ENQUIRIES

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