



EQ for Young Athletes™

Elite Emotional Intelligence Coaching
Building Champions from the Inside Out

Because performance isn't just physical. It's emotional.

For athletes ages 10–25. Supported by parents. Aligned with coaches.

The Emotional Side of the Game

Families invest an incredible amount of time, energy, and money into youth sport. Training. Travel. Practices. Games. Yet many athletes still struggle with pressure, confidence, and emotional recovery. That's not a talent issue. It's an emotional skill gap.

What Emotional Intelligence (EQ) Builds

Emotional intelligence (EQ) helps athletes:

- ✓ Stay composed under pressure
 - ✓ Bounce back quickly after mistakes
 - ✓ Make better decisions in games
 - ✓ Communicate and lead effectively
 - ✓ Enjoy their sport for the long term
- These skills strengthen performance on the court and confidence off it.**

Why This Approach Is Different

EQ for Young Athletes™ is not mindset hype or motivation.

This work is:

- ✓ Informed by emotional intelligence science
- ✓ Personalized and age-appropriate
- ✓ Designed to complement training, not replace it
- ✓ Focused on long-term development, not quick fixes

Protecting the Investment

EQ coaching helps protect the time, effort, and financial investment families and programs already make by supporting:

- ✓ Consistent performance
- ✓ Healthy confidence
- ✓ Emotional resilience
- ✓ Long-term athlete development

EQ doesn't replace training.

It helps make training stick.



EQ for Young Athletes™
Elite Emotional Intelligence Coaching
Confidence • Focus • Resilience • Connection

Because performance isn't just physical. It's emotional.
For athletes ages 10–25. Supported by parents. Aligned with coaches.

How to Work Together

EQ for Young Athletes™ is offered through an application process to ensure the right fit.

Available Pathways:

- ✓ Individual athlete coaching
- ✓ Team and program partnerships

Spots are intentionally limited.

Led by a Certified EQ Coach

- ✓ Certified EQ-i 2.0 Practitioner
- ✓ ICF Certified Executive & Leadership Coach
- ✓ 20+ years developing high performers and leaders.
- ✓ Specialized in athlete, parent, and team development

Grounded in evidence-based emotional intelligence science.

What Comes Next

Parents & Guardians

- ✓ Join **Inside the Edge**, a monthly information session for more information. RSVP required.

Coaches & Programs

- ✓ Request information about EQ for Young Athletes™ partnerships to strengthen composure, coachability, and team culture.

→ Learn More or Apply at eqyamax.ca