

Growing Grit For Athletes

For nearly three years, our worlds have been turned upside down. With “normal” activities few and far between, parents have struggled in helping their children find new ways to continue to grow and develop all the while maintaining self-esteem and increasing risk-taking skills. We’ve seen levels of depression and anxiety soar, which has left parents feeling raw and uncertain about how to help their kids take on challenges when the future is filled with question marks.

We all want to raise happy, healthy children. Kirsten is working on her first book, *Raising Empowered Athletes*, because above all, she believes we want our kids (regardless if they are athletes or not) to one day fly out of the nest knowing that they are enough, just as they are. We want them to know that each of them is capable of handling any headwinds that blows their way, and now is the time to equip them with the tools to do that.

Kirsten will lead a discussion of how we develop grit in ourselves and how taking inspiration from others combined with a small, step by step plan, can center us on our journey as we go through both the good and rough patches. She will teach tools which are available at all times to help prime your start each day with focus and clarity and live on-purpose. Life either happens to you or it can happen through you.

-Inspired by the book *GRIT - The Power of Passion and Perseverance*, by Angela Duckworth



Kirsten, a Hall of Fame DI volleyball player from The College of William and Mary in Virginia and fourteen-year NIKE executive, is now a motivational speaker, writer and Peak Performance Coach. Her clients include teen athletes (and their parents), where she helps them learn how to reach their goals and release their limitations. She co-hosts the #RaisingAthletes Podcast with Susie Walton on iTunes and is working on her first parenting book about raising empowered athletes. Kirsten and her husband are raising three athletes themselves (ages 21, 19, & 16) in Los Angeles. Kirsten also coaches club volleyball and enjoys hiking in the Santa Monica mountains with her white lab puppy, Poppy. Please sign up receive updates & hear the podcast at kirstenjonesinc.com, @kirstenjonesinc (Facebook and Twitter), or @kirstenjonescoach (Instagram and LinkedIn).

Kirsten Jones

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