

Pressure of Perfect

The Pressure of Perfect for T(w)een Female Athletes

A quote often attributed to Winston Churchill has long defined success as the ability to stumble from failure to failure with no loss of enthusiasm. Today, however, it seems that this respect for resilience has given way to a desire for perfection.

People of all ages, but in particular teen girls and women, tend to struggle with the desire to manage and project accomplishment. Over the last 30 years, researchers have observed a dramatic surge in perfectionism. This begins at an early age and follows us through our career. Rachel Simmons wrote in the [Washington Post](#) there is a 33 percent spike in the kind of perfectionism where teens feel they must be perfect to win approval from others. This desire for perfectionism goes hand in hand with the anxiety epidemic.

Our athletes are not immune to needing to find coping strategies for this type of mindset. In this talk, Kirsten, in partnership with Dr. Dolly Klock, dive into the pressures our teen athletes are under and how we as parents can support them.



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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