



PARTNERSHIP FOR AWARENESS
PRESENTS

RAISING **EMPOWERED** ~~ATHLETES~~ SCHOLARS - WITH KIRSTEN JONES

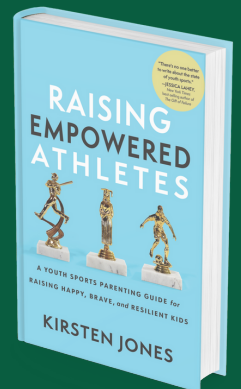
ARE YOU RAISING AN ATHLETE?
ARE YOU RAISING A ATHLETE SCIENTIST?
ARE YOU RAISING AN SCIENTIST ARTIST?
ARE YOU RAISING A ARTIST SCHOLAR?

Whether you are just dipping your toe into Little League or supporting the needs of a high schooler hoping to get into the college of their dreams, you are likely feeling the pressures that come with parenting in an increasingly competitive youth environment. Kirsten Jones has written the book we ALL need, centered on the JOYS AND CHALLENGES OF PARENTING. Get inspired as she shares her insights on raising not only mentally strong athletes, but more importantly extraordinary people.

THEMES

- Grit and Resilience
- The pressure to be perfect
- The physical, social and emotional benefits of participating in athletics
- Multi-sport athletes vs. single sport specialization
- The importance of sleep, rest and recovery
- School and club sports and how/when youth sports became so bonkers
- How achievement culture and college admissions anxiety impacts youth
- Goal setting and finding the FUN
- The six words your kid most needs to hear from you after a game

Wednesday,
April 3, 2024 at 6:00PM
San Marino
Community Center
Fireside Room
1800 Huntington Drive



Kirsten is a Hall of Fame Division 1 volleyball player, a 14-year NIKE executive, a motivational speaker, peak performance coach and the author of *Raising Empowered Athletes: A Youth Sports Parenting Guide for Raising Happy, Brave, and Resilient Kids*