



Ember to Inferno

Building Mental Toughness in Athletes

By

Mental Mettle Coaching



Ember to Inferno Program: Building Mentally Tough Athletes

Coaches often dream of guiding mentally tough athletes—those who are resilient, persistent, and unshaken by setbacks. Yet, many modern athletes face significant challenges and risk burnout. The key question for coaches is: How can we foster mental toughness without overwhelming them?

In this series, coaches will delve into their own journeys of mental toughness and acquire practical tools to build confidence and belief in their athletes. Rather than simply introducing more adversity, we focus on creating a strong foundation for mental resilience. Participants will receive actionable tools to transform a spark of motivation into a blazing fire of toughness.

Don't just wish for mentally tough athletes—build them.

Program Topics:

- **Understanding Mental Toughness:** Basics, definition, and its loss
- **Challenges:** Social media, athletic pressures, trauma
- **Neuroplasticity:** Developing mental toughness
- **Mindfulness:** Techniques for focus and control
- **Confidence Building:** Inner voice recognition and control, gratitude, and tools for confidence
- **Intentional Adversity:** Growth mindset assessment and skill development
- **Accountability:** Practice plans with mental health considerations and moving forward together

PD options for coaches.

1. Ember to Inferno Keynote Presentation

Details:

- Format: In-person
- Audience: All Staff
- Duration: 60-90 minutes
- Cost: \$2750 plus travel expenses

2. Ember to Inferno: Small Group Coaching Sessions:

Details:

- Format: Virtual
- Duration: 1 hour per session
- Audience: Ideal for groups of 5-10 people, suitable for grade levels, committees, departments, and administrative staff
- Cost:
 - One session: \$250
 - 3-session bundle: \$375
 - 5-session bundle: \$999
 - 8-session bundle: \$1299

3. Combined Presentation and Coaching Sessions: This option creates a comprehensive and continued SEL program starts with the the keynote presentation for the all coaches, followed by small group coaching sessions throughout the school year.

- Contact for a quote.

About Coach Thomann

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