

Coach Beyond...

Central Ohio Regional Trainings



LiFEsports at the Ohio State University is offering **TWO FREE COACH TRAININGS**.



Supporting Student-Athlete Mental Health is approved by the Ohio Department of Mental Health and Addiction Services (OMHAS) and designed to support coaches in increasing their awareness, knowledge, and skills regarding student-athlete mental health. **Fostering a Positive Team Environment** helps coaches understand factors that influence team dynamics and enhances their ability to build trust and promote belonging among team members.

PICK YOUR OPTION

OPTION 1



 Hilliard Davidson High School
 Sunday, March 3, 2024

1:00 P.M. Supporting Student-Athlete Mental Health

2:30 P.M. Fostering a Positive Team Environment

4:00 P.M. Supporting Student-Athlete Mental Health

OPTION 2

 Thomas Worthington High School
 Monday, March 4, 2024

6:00 P.M. Supporting Student-Athlete Mental Health

7:00 P.M. Fostering a Positive Team Environment

Register Now

