



LET US TEACH THE HARD STUFF. YOU WATCH HER SHINE.



LEVEL 1

- Huddle #1 - Mental Awareness
- Huddle #2 - Positive Self-Talk
- Huddle #3 - Body Image
- Huddle #4 - Confidence
- Huddle #5 - Goal-Setting
- Huddle #6 - Celebration



LEVEL 2

- Huddle #7 - Mindfulness
- Huddle #8 - Self-Affirmations
- Huddle #9 - Sports Nutrition
- Huddle #10 - Support
- Huddle #11 - Recipe for Success
- Huddle #12 - Celebration



- Huddle #13 - Meditation
- Huddle #14 - Self-Compassion
- Huddle #15 - Beauty & the Media
- Huddle #16 - Communication
- Huddle #17 - Stress Management
- Huddle #18 - Celebration



- Huddle #19 - Negative Narrator
- Huddle #20 - Mental Resilience
- Huddle #21 - Food is Fuel
- Huddle #22 - Confidence for Competition
- Huddle #23 - Visioning
- Huddle #24 - Celebration



- Huddle #25 - Connect
- Huddle #26 - Self-Esteem
- Huddle #27 - Process vs. Outcomes
- Huddle #28 - Social Media
- Huddle #29 - ZERO Limitations
- Huddle #30 - Celebration