



Optimal Competition Parenting Workshop

Dear Tennis Parent,

We'd like to invite you to attend our Optimal Competition Parenting Workshop. The aim of this workshop is to provide attendees with the knowledge and skills needed to optimally support their child at tennis competitions. The workshop is designed for tennis parents with children between the ages of 9 and 14 years who have either just started competing or who regularly play in competitions.

The 2 hour interactive Parent Workshop has been designed in partnership with Loughborough University to address the specific needs of British Tennis parents. The topics covered during the workshop will include:

- Engaging in role model behaviours
- Parents' roles during tennis competitions
- Children's perceptions of optimal parenting behaviour at competitions
- Supportive vs. pressurising behaviours: What is the difference?
- Communicating effectively with children before, during and after a match
- Managing the emotional demands of competition



95% of parents that attended a workshop said they either 'Agreed' or 'Strongly Agreed' that the workshop improved their overall skills as a tennis parent and 99% of parents were 'Satisfied' or 'Very Satisfied' with the pre-workshop booklet and workshop. Here is what parents have said about the workshop;

"This was an excellent session. I totally loved all of it. What an amazing course which I

recommend to ALL tennis parents...'

"This was an excellent workshop brilliantly delivered by the tutor. The format (combination of slides and interactive group and discussions) worked very well. An excellent initiative...."

The cost of attending a workshop is £10.00. All workshops are run on a non-profit basis and this minimal charge covers the cost of running a workshop to ensure the long term sustainability of the programme.

Date: WEDNESDAY 8th MAY 2019

Time: 7-9pm

Venue: Easton College, Easton, Norwich, Norfolk NR9 5DX

Can't make it on this occasion? New dates and venues are being added all of the time and so please access our [course search](#) for alternatives.

*Please note that this workshop will not count for Coach Accreditation Credits or Official Licence Credits.

[Book Now](#)

Places are limited and so we'd recommend booking your place as soon as possible.

We look forward to seeing you and in the meantime, please check out our [Parents in Tennis](#) page on the LTA website for further information and guidance

LTA Central & East Regional Team

