



Winning Beyond the Game: Coaching Strategies that Strengthen Mental Health and Performance

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course addresses the growing prevalence of anxiety and depression among adolescent athletes by introducing evidence-based strategies to support student-athlete mental health. Participants will explore the influential role of coaching in shaping confidence and resilience, learning how to apply key concepts from child and adolescent development to create psychologically safe team cultures. Attendees will gain practical tools for fostering positive environments, including the "Support-Instruction-Encouragement" feedback model, techniques for providing descriptive feedback, and strategies to emphasize effort over outcomes. This session empowers practitioners to build sustainable, supportive systems that enhance both athletic performance and long-term emotional well-being.

By the end of the workshop, participants will be able to:

- * Identify at least three behavioral, emotional, or physical indicators that may suggest an adolescent athlete is experiencing a mental-health concern.
- * Describe at least three coaching strategies that can promote psychological safety, confidence, belonging, and reduced performance anxiety.
- * Differentiate between the coach's supportive role and the mental-health professional's clinical role and identify appropriate next steps when an athlete may need additional support.

Upon completion of the course, you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please contact CEU@WellnessTogether.org

Instruction Provided by:

Ashleigh Purinton is a Licensed Marriage and Family Therapist with over 15 years of experience supporting youth, young adults, and their families. She is passionate about helping tweens, teens, and college students navigate the challenges of growing up by equipping them with practical tools to build resilience, confidence, and emotional well-being. Ashleigh specializes in adolescent mental health and enjoys partnering with parents, educators, and coaches to help young people thrive.

Clete Purinton is an educator with 11 years of classroom teaching experience, 11 years in school administration, and 14 years coaching high school athletics. He has dedicated his adult life to helping young people reach their highest potential by fostering resilience, character, confidence, and personal growth. Throughout his career, Clete has been passionate about creating environments where students and athletes feel challenged, supported, and empowered to succeed both on and off the court.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

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