

Sole 2 Soul



FACILITATED BY:

A COACH,

A MINDFUL PERFORMANCE TRAINER &

A PHYSICAL THERAPIST

Youth Athlete Workshop

Focus. Resilience. Confidence.

TARGETS:

- HOW TO BE A PERSONAL LEADER
- OVERCOME FAILURES
- INCREASE CONFIDENCE
- INCREASE COMPASSION FOR SELF AND OTHERS
- IMPROVE BODY AWARENESS
- INCREASE FOCUS AND BEING "PRESENT" IN SPORT



LOCATION:

Sole 2 Soul
Wellness Center

W5361 CTH-KK, Appleton WI

For: Athletes in grades 6-9

When: November 14, 2026

Boys 9:00-12:00 pm

Girls 1:00-4:00 pm

Cost: \$75



Scan for
more info



To Register



info@sole2soulcounseling.com



(920) 659-0634