

THE 2021 ATHLETE DEVELOPMENT PROJECT

Want to improve your performance in sport, study and elsewhere?

- Free online lifestyle & personal development workshops.
- Delivered by Elizabeth Egan (PhD).

13 Jan: Preparing for the Year Ahead.

23 Feb: So Much More Than An Athlete.

25 Mar: Support Networks and Communication Skills.

19 Apr: Strengths, Values and Self Awareness.

19 May: The Travelling Athlete.

25 Jun: Rest, Recovery and Revitalisation: Getting the Basics Right.

20 Jul: Exploring the Past to Plan the Future.

26 Aug: Personal Management and Other Life Skills.

24 Sep: Prioritising Your Wellbeing.

27 Oct: A More Detailed Look at Time Management.

22 Nov: Planned Happenstance: Making the Most of Every Opportunity.

21 Dec: Review of 2021.

Open to Irish athletes from any sport, aged 16-24

www.athletelifevelopment.co.uk for further details.