

“ For me as an athlete, performing well always went hand in hand with being mentally in a good place. Mental health is essential for both high performance and building a long, sustainable career. Now that I am on the other side as an entourage member, I find it important to help and support talented and elite athletes in maintaining their mental well-being so they can achieve their full potential. ”

Ireen Wüst

Former athlete & TeamNL expert



MENTiS
Promoting Mental Health
through the Entourage
in High-Performance Sport



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“

La salut mental és
estar contenta amb
tu mateixa i que tot
el que fas t'ompli.

LOURDES BECERRA

Entrenadora, mare, olímpica



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Universitat Autònoma
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“

Els esportistes passen moltes hores amb mi. Si veig que podria estar passant alguna cosa, em coordino amb el psicòleg i veiem què podríem fer.

LOURDES BECERRA

Entrenadora, mare, olímpica



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“

**A la nostra salut
mental li donem
menys importància
de la que realment té.**

LOURDES BECERRA

Entrenadora, mare, olímpica

MENTiS



**Institut
de Recerca
de l'Esport
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AMBRE CHEVREAU

Women's wrestling

//

We've built up a relationship of trust that allows us to talk about things other than wrestling, which is good for me.

//

If she stays locked into her sport, she'll close in on herself. That's why we try to go beyond the sporting life.

DAVID MILLIEN

Club coach



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NICOLAS CAZOULAT

Physiotherapist

//

When we observe a drop in motivation or anxiety, we refer the patient to specialized professionals.

//

Following my first surgery, I had a lot of doubts and felt that it would be difficult for me to get back to normal.

ANDRÉA LANDRIEU

Table tennis



VANESSA BROUARD

Mother

//

Family, when it's as close-knit as we are, is important. Because high level sport is tough every day.

//

Whether it's my mother, my grandmother, my sister or my aunt, they have the ability to detect right away when things aren't going well.

YOHANN NDOYE-BROUARD



Swimming



I am taking away from the session the importance of listening, but also setting boundaries



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I would recommend the workshop for those in the entourage that may not have much knowledge on mental well-being.



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“MENTiS training offers an accessible way to educate an entourage.”



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“The Mental Health of our Athletes will always be our top priority. MENTiS training will now be part of our toolkit.”

WHERE HISTORY BEGINS



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“

I RECEIVED HELP AND TRAINING IN MINDFULNESS, WHICH HAS HELPED ME A LOT, NOT LEAST ON THE SPORTS FIELD.

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“

**THE SPORTS PSYCHOLOGY
COUNSELING HAS BEEN
EXTREMELY REWARDING
BOTH IN MY SPORT BUT ALSO
IN LIFE IN GENERAL. I HAVE
LEARNED TO USE TOOLS
THAT ALLOW ME TO
MANAGE MY THOUGHTS
AND FEELINGS. I HAVE
RECEIVED VERY
PROFESSIONAL
HELP.**

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**“ I WAS GIVEN
SUPPORT FROM A SPORTS
PSYCHOLOGIST (THROUGH YOU)
AND HAVE MET HER A FEW
TIMES, WHICH I HAVE REALLY
APPRECIATED. SHE HAS
GIVEN ME GREAT SUPPORT,
BOTH IN MY ROLE AND
PERSONALLY.**

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— “ —
My support as a father is not only during competitions. It's the unconditional presence at every step of his journey in sport and life.
— ” —

Owen Sisk (father)

— “ —
Rest, recovery, and the support of a good team are just as important as training itself. My father, as part of my team, is invaluable to me.
— ” —

Pieter Sisk (Olympic athlete 800m, student Communication Science)