



# The Mindful Project●

*Mountain United FC is the first Canadian Club to partner with The Mindful Project- Erin Mcleod and Dr. Rachell Lindvall have created a structured program helping students and athletes learn and practice mindfulness in their day-to-day lives. Each aspect of this program has been intentionally designed around the needs of students, athletes, teachers, and coaches.*

*- currently in use at Bayern Munich GU17's, Orlando Pride.*

*This program is a player fee administered by The Mindful Project. 265.00 per player. Instructions for teams and families will be available soon. There will be discounts available at a future date once we are aware of how many players wish to participate.*

## **About Mindfulness**

Mindfulness is being fully present in the moment and aware of our thoughts and feelings – without judgment, distraction, or confusion. It allows us to have measured and appropriate responses to the things happening around us, instead of reactions fueled by stress or anxiety. As we learn to acknowledge our thoughts and feelings without judgment, we can better respond to our environment in a calm and productive way.

Benefits of mindfulness include:

- Lower levels of stress and anxiety
- Higher levels of self-compassion and positive self-talk
- Decreased symptoms of depression
- Higher levels of empathy and compassion for others
- Expanded critical thinking skills

## **About The Mindful Project**

- The Mindful Project provides structured programs to help students, athletes, and individuals learn and practice mindfulness in their day-to-day lives.
- Founded in 2019 by:
  - o Dr. Rachel Lindvall, university professor and soccer coach who holds a doctorate in Mindfulness Research
  - o Erin McLeod, professional soccer player and certified mental coach who has competed in two Olympics and four FIFA Women's World Cups.
- Programs are self-guided for individuals and turn-key for instructors – teachers, coaches, and parents do not need training in order to implement.
- Utilizes best practices of learning and the most current research on mindfulness and the growth mindset.
- Current programs offered are:

- o Sports & Schools Program, for students and athletes aged 7 to 14 in the classroom/team setting
  - o (Free) At-Home Program, to help young individuals (and parents) manage stress in the times of COVID-19
  - o High-Performance Program, launching Oct. 20. More details below
- Learn more at [mindfulproject.ca](https://mindfulproject.ca)

### **About the High-Performance Program**

- Launches Oct. 20
- Designed for high school, university, and professional athletes who want to take their performance to the next level – individuals and teams
- Combines the concepts of mindfulness with personal development
- Includes mindfulness videos, guided relaxations, journaling, mobility videos, and more
- 12-week program, 3 sessions per week

Managers, please announce on Team Snap - 12 week curriculum fee per player is an optional price of \$265.00.

We will cut off of interest no later than October 13, 2020 in order to set up the player payment portal for each family or team. Pass words will be provided at that point.

All the best,

**Erin McLeod**

Co-Founder, The Mindful Project  
She/her