

High Performance Parenting

Working with parents to help make their children's sporting dreams come true

High Performance Parenting was conceived in October 2014 by Eira Parry. Eira has been involved in sport for over 20 years through her work as a teacher and a coach, she worked with many athletes who achieved podium finishes at the London and Rio Olympics. The ethos of the organisation is to ensure that parents know how to support their children in reaching their potential in sport, but also that parents and children have a positive, empowering and fun journey through sport.

Through workshops, presentations, social media presence and one to one sessions High Performance Parenting supports and educates parents in many areas including

- providing good nutrition
- monitoring well being and avoiding injury
- sport / life balance
- talking to children about their sport
- the role of the parent versus the role of the coach
- being a good supporter

High Performance Parenting already works with many clubs and schools including:

Kingston Grammar School Sports Scholarship Programme
Marlow Hockey Club
Henley Rowing Club
Leander Club
Hampton School Boat Club
St George's College Sports Scholarship Programme
St Edward's School
Sir William Perkins's School

The following are reviews from parents who have attended workshops:-

I think this workshop has significant value for sporting families juggling busy lives. Will be recommending the workshop to everyone we know who would benefit! It was so helpful to discuss the many areas of uncertainty which unravel and trip us up as we dash about trying to do our best for our kids. If we can implement even some of these strategies, our hectic schedules will become a little more manageable, we will be able to support our kids more effectively and everyone will feel happier and more in control.

Common sense goes a little way - but reinforcement and good evidence based, impartial advice from an experienced coach, is reassuring and invaluable -

particularly when teenage cooperation is paramount in proceedings!

Informative and basic essentials for parents/carers of young athletes. I wish I'd had this opportunity as an aged 14 year old.

Very informative as a new parent to 'serious commitment' rowing. The workshop has given me the confidence to talk to my son about specific aspects of his life in sport.

The information in the workshop was presented very clearly. I was impressed with how much was covered. Some aspects of high performance parenting I had not previously considered.

What can High Performance Parenting do for your club?

Deliver a 2 hour tailored workshop for parents covering 3 - 4 key themes of your choice. Workshops are charged at £300 each, but by quoting HPP1 you receive a 20% discount.

Contact us to arrange a consultation and quote HPP1 for a 20% discount.

<http://www.highperformanceparenting.co.uk/contact.html>