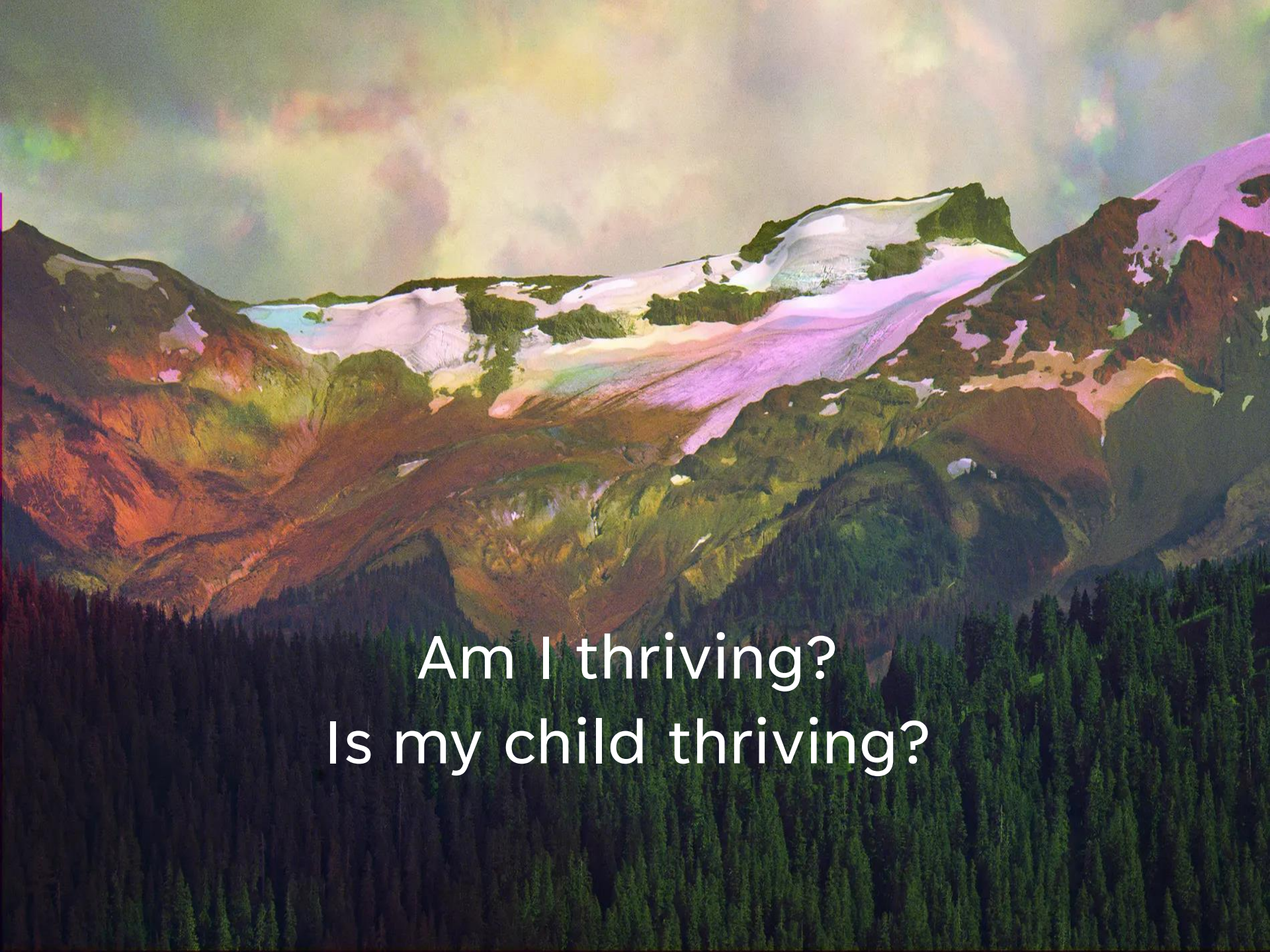




The Thriving Environments Project

A painting of a mountain landscape. In the foreground, a dense forest of dark green evergreen trees covers the lower slopes. Above the forest, the mountain rises with patches of snow and exposed brown and reddish-brown rock. The mountain peak is partially covered in snow and is set against a dramatic sky with soft, colorful clouds in shades of yellow, orange, and blue. The overall style is painterly and atmospheric.

Am I thriving?
Is my child thriving?

Today's session

1. Presentation #1 – What is thriving?
2. Discussion #1 – What does thriving look like for you and your child in tennis?
3. Presentation #2 - Thriving enablers and barriers
4. Discussion #2 – How can Wales Tennis better support you and your child?
5. Conclusion

Sport Wales x Tennis Wales

Are young tennis players thriving in welsh tennis environments?

Are we developing both the person and the performer?

Can we do more to support a young person's wellbeing during the pathway?



Thriving



[Athletes] can be described as thriving when they experience **high levels of (perceived) performance, high levels of growth/development, alongside high levels of well-being.**

WHAT IS THRIVING?

Thriving Environments Framework

To enable thriving,
there should be a
combination of

Personal and
Contextual
Enablers

Thriving is a
process that takes
place over **time**

Thriving involves the joint
experience of both high
levels of perceived
performance and **well-being**

We have three basic
psychological needs that support
the process of thriving:
autonomy, competence and
relatedness

As a result of thriving,
individuals will achieve
success and
development

Thriving is a **unique**
experience that is
different for each
individual

WELSH INSTITUTE
OF PERFORMANCE SCIENCE

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Why is thriving important?

The unrelenting need to succeed within the realms of elite sport can create detrimental and harmful environments where performance and results are given priority at the expense of athletic welfare (Phelps et al., 2017; Brown et al., 2021b; Kavanagh et al., 2021).

Concerning numbers of young people experiencing emotional harm or child abuse while taking part in sport (Hartill and Lang, 2018).





Your experience of
thriving



**Think about a time
when things were
going well in your life**

What were the
conditions that helped
bring this about?

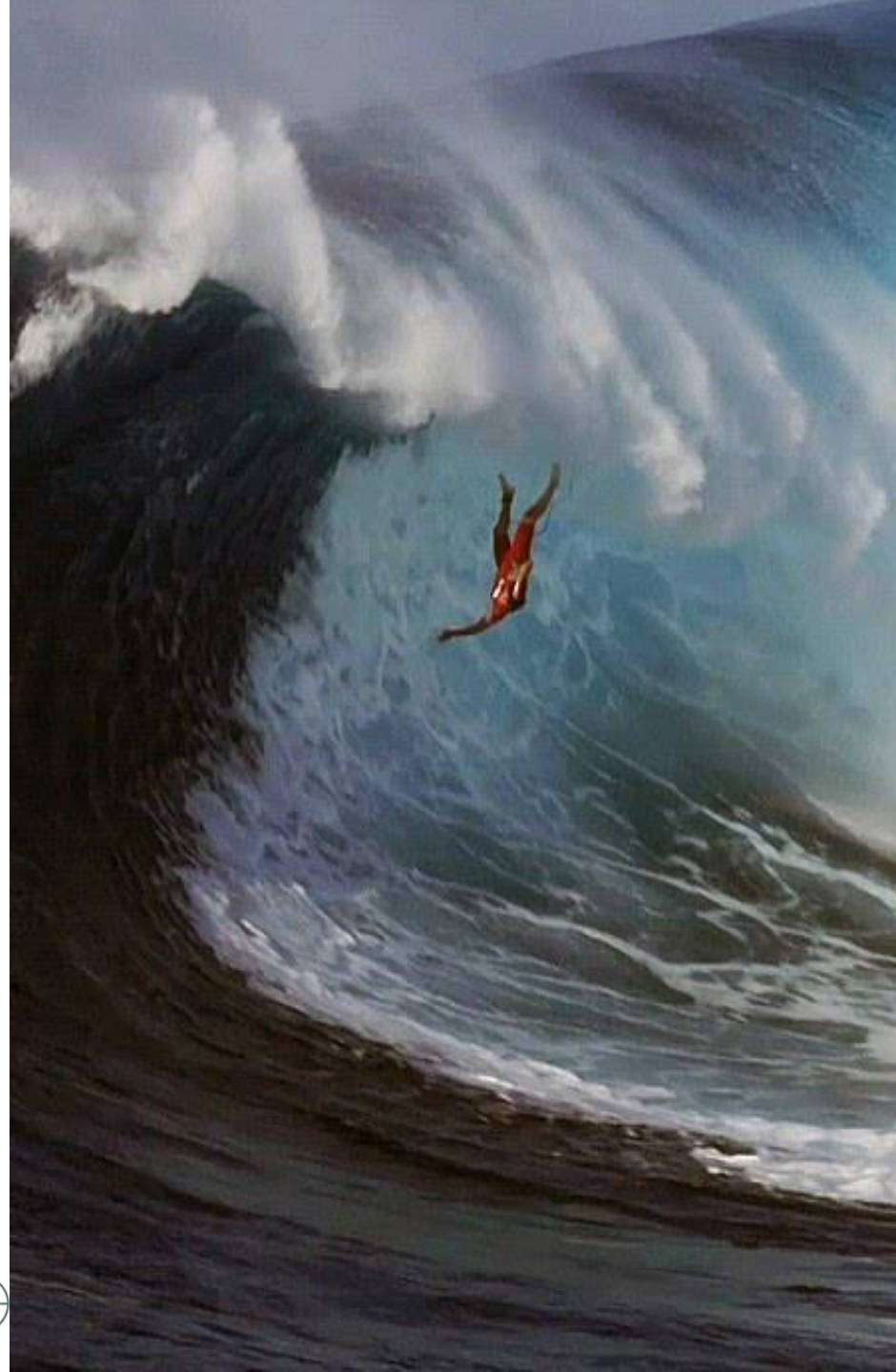
What was the impact
of this time on you and
others?



**Think about a time
when you were
struggling in your life**

What prevented things
from getting better?

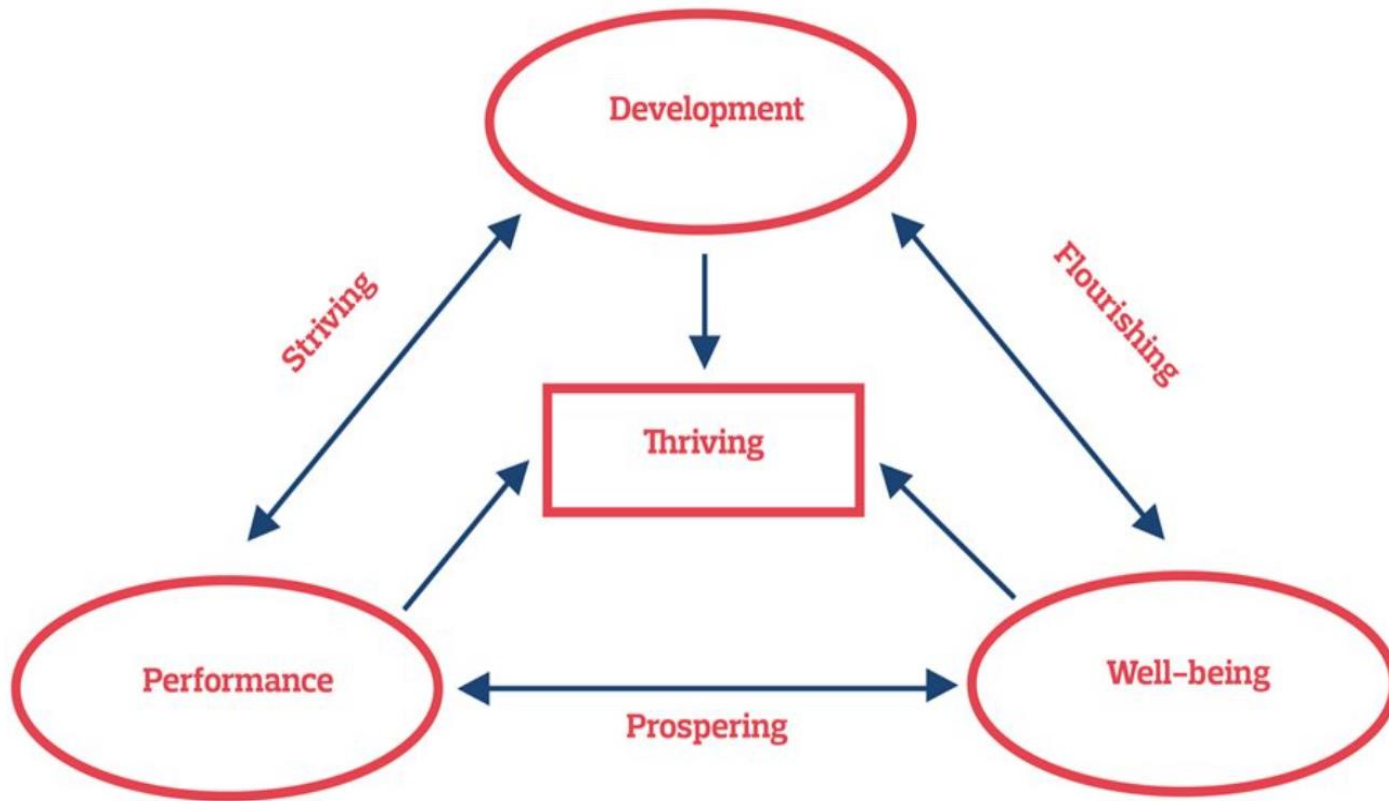
What was the impact of
this time on you and
others?





Key components of thriving

WHAT IS THRIVING?



WHAT IS MEANT BY “WELL-BEING”?

HOW WELL DOES THE SPORT SUPPORT
YOUNG TENNIS PLAYERS WELL-BEING?



In order for individuals to thrive, they must have **high levels of well-being**.

For development and personal growth to occur, the individual must first be functioning at a level where they are able to manage potential challenges that they face.

If an individual has low levels of well-being but high levels of performance, this could lead to potential negative outcomes, such as burnout.



3 Basic Psychological Needs

AUTONOMY

Need for control, independence and choice

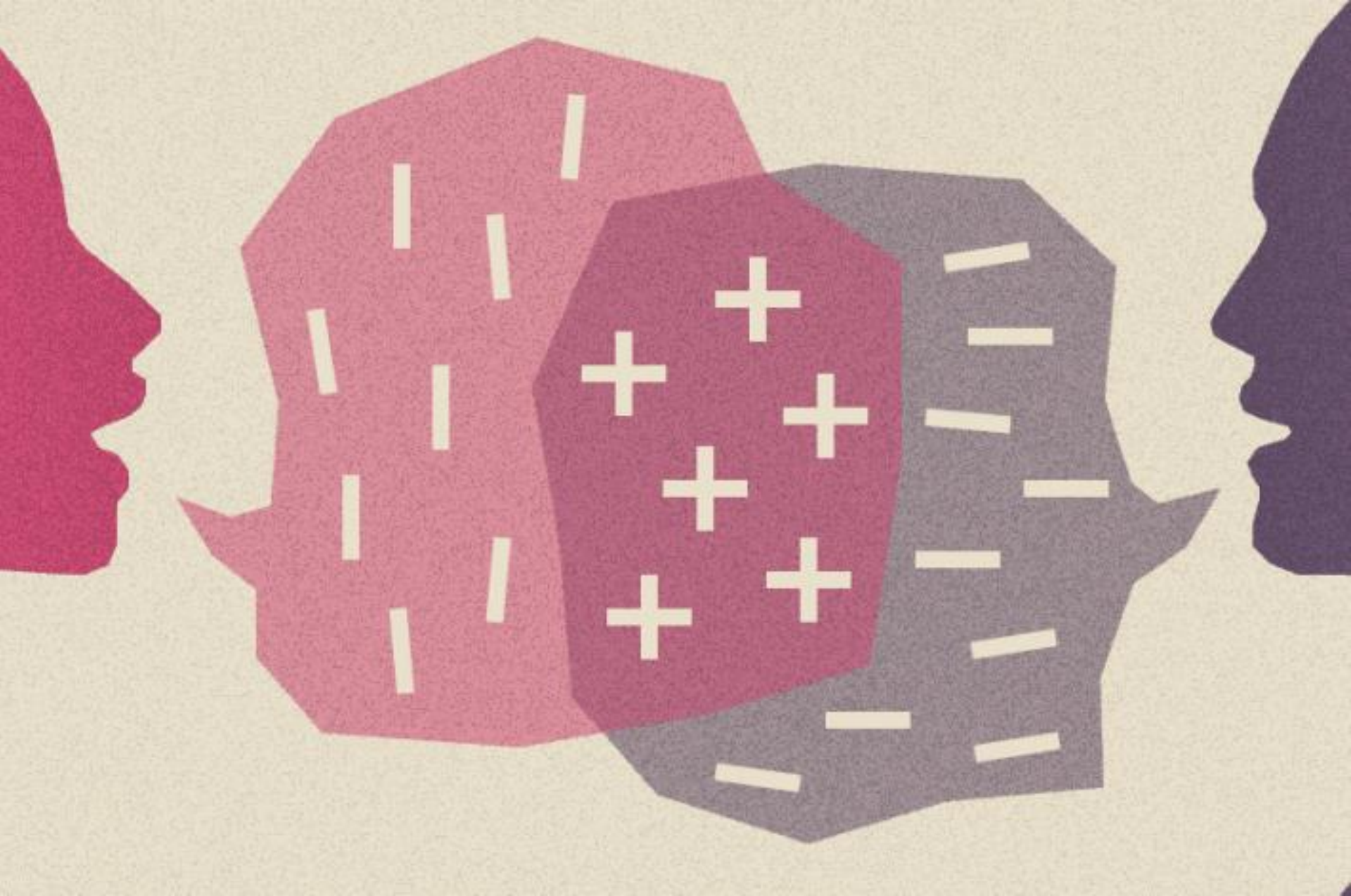
COMPETENCE

Need to feel able, to experience mastery

RELATEDNESS

Need to feel connected and cared for







Discussion #1

What Does Thriving Look Like for a Young Person That Plays Tennis?

DISCUSS IN PAIRS BEFORE SUMMARISING YOUR THOUGHTS

Consider:

When you think your child is (or is not) thriving...

- What do you see?
- What do you hear?

What Helps and Hinders Your Child From Thriving?

DISCUSS IN PAIRS BEFORE SUMMARISING YOUR THOUGHTS

Consider the different environments they experience:

- *Club Tennis*
- *National Tennis*
- *Home*
- *School*

Personal Enablers

Motivation

Resilience

Social skills

Religiosity /
Spirituality

Positive
outlook

Proactivity

Knowledge &
learning

Contextual Enablers

Attachment

Trust

Family
support

Colleague &
Employer
support /
care

Positive,
challenging
environments



PERSONAL & CONTEXTUAL ENABLERS

Psychosocial variables to facilitate thriving

How can Tennis Wales Best Support you and Your Child?

DISCUSS IN PAIRS BEFORE SUMMARISING YOUR THOUGHTS

Consider:

- What do you need as a parent from TW to help your child to thrive?
- What does your child need from TW to help them to thrive?
- What are Tennis Wales already doing well?
- Topics ideas: communication, onboarding, relationships, selection, school commitments etc



Thanks for your time