



**RAISING  
HAPPY  
CHAMPS**

**GUIDING PARENTS, GROWING CHAMPIONS**

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**Train the Team Behind the Team!  
Support your Athletes by  
Empowering their Parents!**



### **Science-Backed, Coach-Approved**

Built on real sport psychology research — practical strategies parents can actually use.



### **Better Communication, Less Conflict**

When parents understand their role, sideline stress drops and conversations become more productive.



### **Stronger Team Culture**

Unite coaches, athletes, and parents around shared goals and values.



### **Easy to Deliver, Big on Impact**

Live or on-demand — we handle the logistics so you can focus on coaching.



### **Simple, Clear, and Actionable**

No jargon — just real-world strategies parents can understand and use straight away.

**Successful sport outcomes happen when the coach-athlete-parent triangle is strong but while coaches are trained and athletes are supported parents are often left out of the game plan.**

**The SUPER-P Workshop helps parents understand their vital role in the coach-athlete-parent team and gives them practical tools to support their child in positive, pressure-free ways.**

**Designed by psychologist Dr. Jen Harris, SUPER-P is the only widely available, research-based education program for sport parents. It's engaging, relatable, and ready to deliver real results.**

***SUPER-P Trains the Team Behind the Team!***

***Research shows that a child's success in sport isn't just about coaching—it's about the coach-parent-athlete relationship.***

***Yet, while coaches are trained and athletes are developed, parents are left to figure it out alone. This gap in education is holding kids back.***

## **What is SUPER-P?**

**SUPER-P is a science-backed education program created to help sport parents understand how best to support their child athletes. Developed by Dr. Jen Harris as part of her PhD in sport parenting, the workshop translates sport psychology research into practical, memorable strategies parents can apply immediately.**

**The name SUPER-P is a simple acronym that captures the core behaviours of an effective sport parent — helping parents become a pillar of support, not a source of pressure.**



***Great sporting outcomes rely on skilled coaches, dedicated athletes, and empowered parents who are part of the team, not left on the sidelines.***

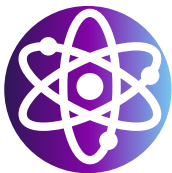
***SUPER-P Trains the Team Behind the Team!***

## Why Choose a Super-P Workshop?



### Its Completely UNIQUE

There's nothing else like it — Super-P is the only widely available, scientifically designed and tested education program for sport parents



### Scientifically Tested with Proven Results

Research has shown that in just 6 weeks after taking a SUPER-P workshop:



**Reduced Competition Anxiety**



**Improved Parent/Child Communication**



**Improved Competition Results**



**Relaxed, Reassured, Confident Parents**



### Easy to Deliver

2 Hour live Workshop (in person or online) with guided discussion

Or a 60 minute pre-recorded version for flexible access



### Bring Your Squad Together!

SUPER-P strengthens the connections between athletes, parents and coaches - creating a united team all pulling for a positive, successful sport experience for every child.

***SUPER-P Trains the Team Behind the Team!***

***Great sporting outcomes rely on skilled coaches, dedicated athletes, and empowered parents who are part of the team, not left on the sidelines.***



# How to Book a Super-P Workshop

## ✓ Email us or fill out the online quote form

Just let us know how many parents you want to attend and whether you'd like online or in person delivery.

## ✓ Tailored for your club

We'll deliver a live Super-P workshop exclusively for your parents.

## ✓ Flexible delivery options

- **Face-to-face:** We can come to your club
- **Online via Zoom:** Includes a 7-day replay option
- **Pre-recorded:** Ideal for parents who can't attend live

## ✓ Flexible pricing

Prices range from **£25-£45 per parent**, depending on numbers. We'll work with you to find the best fit.

## ✓ Fundraising option available

Support your club while supporting your parents — we can donate a portion of the fee back to your club.

## ✓ We do the heavy lifting

We'll provide all the email templates, social media posts, and promotion materials. All you need to do is share them with your parent group.

## Why it matters

*Getting all your parents on the same page is a game-changer. When parents understand their role, kids feel more supported, coaches feel less pressure, and the whole club culture improves.*

## This isn't about criticism

*It's about empowering parents to become champions of their child's journey.*

**Get in touch today!**

**info@raisinghappychamps.com**

**www.raisinghappychamps.com/clubs**



# Who are we?



**Dr. Jennifer Harris —  
Psychologist, Researcher,  
Sport Parent**

I'm Jen, founder of Raising Happy Champs and creator of the SUPER-P Approach — a research-backed framework developed through six years of study, including a Master's in Sport and Exercise Psychology and a PhD in sport parenting. As a sport parent to a daughter who competes internationally in gymnastics, I saw firsthand how little support parents were given, despite their vital role. That experience drove me to explore how we can better support children's wellbeing, communication, and consent in sport. The SUPER-P Approach empowers parents with practical, evidence-based tools to strengthen the coach-athlete-parent connection — built on psychology, not just opinion.



**Natalie Hall –  
Athlete, Coach &  
Sport Parent**

I'm Nat, an ex-GB judo athlete and passionate coach with years of experience working with young athletes — from grassroots beginners to England squad competitors. Sport has shaped every stage of my life. I know what it's like to be the athlete chasing big dreams, the coach guiding young talent, and now, the parent supporting from the sidelines. At Raising Happy Champs, I use that unique perspective to help parents feel informed, supported, and part of the journey — creating positive environments where young athletes don't just perform, they thrive.

# Frequently Asked Questions

## ? What is a SUPER-P Workshop?

The Super-P Workshop is a two-hour, live, evidence-based education session designed for sport parents. It equips them with practical strategies to support their child's well-being, motivation, and development in sport, while strengthening the coach-parent-athlete relationship.

## ? Who is the workshop for?

The workshop is specifically for parents of young athletes. It's not aimed at coaches or athletes themselves, but it benefits the whole sporting environment by empowering parents to play a more positive and aligned role.

**It has been designed and tested to be suitable for parents of athletes of ANY AGE, competing at ANY SPORT at ANY LEVEL**

## ? How will this benefit our club?

When parents are more supportive, understanding, and aligned with coaching messages, coaches can focus on coaching. It reduces conflict, improves communication, and helps create a more positive sporting culture. Ultimately, it enhances retention, performance, and well-being.

## ? What do we need to provide to host the workshop?

All we need is a quiet space with a screen and internet connection for in-person workshops, or help promoting a Zoom link if it's online. We'll provide everything else, including promotional materials and follow-up links for parents.

## ? How many parents can attend?

There's no strict limit for online workshops. For in-person, we recommend up to 30 parents to allow for interaction, but we can adapt depending on your club's size.

## ? When can we host it?

We're flexible — evening or weekend sessions are most popular. We'll coordinate with you to find the best date and time for your club community.

## ? How much does it cost?

Prices range from £25–£45 per parent, depending on numbers. We'll work with you to find the best fit. We also offer a fundraising option.

## ? What if some parents can't attend live?

We can offer access to the 60-minute pre-recorded version as a follow-up or alternative. This ensures every parent can benefit, even if they miss the live session.

## ? Who delivers the workshop?

The workshop is delivered by Dr. Jen Harris a psychologist specialising in sport parenting, and co-presented by Nat Hall, a trained workshop facilitator and former athlete. Together, we make the content engaging, down-to-earth, and genuinely useful.

## ? Is the content relevant to all sports?

**YES! SUPER\_P has been designed and tested to be suitable for parents of athletes of ANY AGE, competing at ANY SPORT at ANY LEVEL**

## Ready to Strengthen Your Team?



**Book a SUPER-P Workshop for your club and give your parents the tools to better support their athletes.**



**Choose your format — live, online, or pre-recorded — and we'll take care of the rest.**



**Get everyone on the same page and build a stronger, more connected club culture.**



**Get started today — email us at [info@raisinghappychamps.com](mailto:info@raisinghappychamps.com) or visit [www.raisinghappychamps.com/clubs](http://www.raisinghappychamps.com/clubs)**

**Let's work together to support the team behind the team.**