



The **Euromental project** has been financed by the **Erasmus+ Program**, Action Type "KA220-HED - Cooperation partnerships in higher education".

Euromental will spread over a period of 36 months with three main goals:

**1. Co-build training content in sports psychology and mental preparation for elite athletes.**

The association among mental skills and performance enhancement is continuously highlighted by coaches and athletes, although they are not completely aware about the underpinning processing. We will develop **educational courses (teaching units)** reserved to **coaches** (60 hours for the entire educational course; 10 hours for each teaching unit), **Psychologists and Sport Scientists** (150 hours for the entire educational course; 25 hours for each teaching unit).

**2. Disseminate good practices in training and mental preparation towards stakeholders, professionals, and students in these fields.** This project uses the bundled knowledge of experts on mental training and combines it with the newest ways of teaching and dissemination.

**Multiplier events will be organized to exploit the Euromental contents.**

**3. Fostering and energizing relations between European universities.** The **partners** are experts in specific topics as demonstrated by both their research and teaching skills, and their interventions in the field with athletes, coaches, and sports federations. The benefits of cooperating will permit to provide students with an education on mental training for elite athletes that no single university can provide separately.

**FEPSAC, Padova 11-16 July**

You are invited to attend the **Multiplier Event:**

**15/July/2022 at 2pm Location: Room 2 – Palazzo del Bo**

**Workshop: State of art of mental training courses in Europe: Italy, France, Germany, Poland, Spain and Sweden.**

Session Chairs: Emma Guillet Descas, Henrik Gustaffson, Fransisco Miguel Leo Marcos.

If you are interested, please visit our website **[www.euromental.eu](http://www.euromental.eu)**