



GOALS Program – Five Pillars of Strength

The Five Pillars of Strength provide athletes with the building blocks to acquire the specific mental and nutritional skills to achieve their full athletic potential and sustain a positive mindset.



1) Fueling for Sport and for Life

- Understanding nutritional needs for personal wellness, training and performance in sport
- Interrupting disordered eating behaviors
- Achieving adequate food and nutrient intake

2) Eating Competence

- Establishing a healthy relationship with food
- Learning to become a flexible, more intuitive eater
- Increasing the variety of daily food choices
- Experiencing joy in eating
- Developing skills for meal planning and preparation

3) Body Esteem

- Exploring body image in the context of sport and society
- Overcoming body dissatisfaction
- Developing respect and admiration for the strength, power and capabilities of your body

4) Recovery Skills

- Acquiring new skills for communication, coping, stress management, emotion regulation and distress tolerance
- Managing anxiety, depression and other mental health challenges
- Coping with injury and disappointments

5) Resiliency

- Acquiring the knowledge to refocus and re-engage with recovery skills when setbacks occur
- Learning how to effectively engage support systems
- Developing a variety of skills for self-care

