

## EUROMENTAL

<b>Project No.</b>	2021-1-IT02-KA220-HED-000030311
<b>Project Title</b>	Co-construction of training contents in sport mental training in Europe
<b>Project Leader</b>	Università G. D'Annunzio Chieti-Pescara
<b>Project Partners</b>	<ul style="list-style-type: none"> <li>– UNIVERSITE LYON 1 CLAUDE BERNARD, FRANCE</li> <li>– HUMBOLDT UNIVERSITY OF BERLIN, GERMANY</li> <li>– UNIVERSITY OF GDANSK, POLAND</li> <li>– KARLSTADS UNIVERSITET, SVEZIA</li> </ul>
<b>Duration</b>	36 months from 01/12/2021 to 30/11/2024
<b>UdA Funds</b>	€ 60.220,00
<b>Total Funding</b>	€ 196.470,00
<b>Project Description / Abstract</b>	<p>This project will have the impact of strengthening the professional skills of current and future mental training workers. Local impact is expected at the level of students in sports sciences and psychology streams, as well as the coaches in the regional leagues of each country and the teams of assistant or full professors from the project partner Universities. A multiplier effect is expected on coaching practices in mental preparation, both at local, national, and European level. In addition, an effect on the organizations and systems of intensive training centers, training centers of professional clubs, as well as leagues and national, European, and international sports federations (IOC, International Olympic Committee) is expected and envisaged at medium and long term. Finally, an impact on different intervention contexts (excluding physical activity) could be reasonably envisaged both in educational contexts and / or in risky and stressful professional sectors such as the health and security professions.</p>