

Lauren Ritchie



Bio:

Lauren Ritchie (MEd, BA, ESFCC) is an established mental skills educator, facilitator, and keynote speaker. Her areas of interest and expertise include sport and performance mental training, as well as the intersection of well-being and mindfulness. Her work in managing stress and enhancing performance has led to supporting youth in dance, hockey, soccer, gymnastics, and the performing arts. Prioritizing the profound power and importance of a Coach, Lauren has created Teacher and Coach Training programs to support mental skills and optimize leadership and learning.