

Behind Every Gymnast

11 June 2026, 6:30 pm - 8 pm

Online Webinar - Delivered by Mnthali Pricee



What to Expect

This webinar will explore:

- The complex systems at play in a gymnast's world and how they interact
- The unique context of gymnastics, where expectations and perceived pressure can be high
- Why connection is the first step toward effective support
- Practical strategies parents can use to support gymnast development as both athletes and people
- Key topics such as stress, anxiety, and perfectionism, which are common characteristics within gymnastics

For coaches, this session provides valuable insight into the messaging parents receive and how best to support families alongside your coaching practice.

Dr Mnthali Price - Clinical Psychologist

Dr Mnthali Price brings over 10 years' experience working with children, young people, and adults. She specialises in sport performance, anxiety, parenting, ADHD, and stress management, and currently works at Starship Hospital.

Mnthali is also a former gymnast and coach, giving her a strong understanding of the unique pressures, expectations, and complexities within the gymnastics environment — from both a performance and wellbeing perspective.

Workshop Details

Date: 11 June 2026

Time: 6:30 pm - 8 pm

Format: Live webinar (Teams meeting link sent after registrations close)

Cost:

Parents: \$ 35.00

Coaches: \$20

How to Register:

Parents can register by completing the Google Form linked [HERE](#).

Coaches to register through the GNZ Portal

Unable to attend live? All registered participants will receive access to the webinar recording, along with any resources used during the session for up to three months post-webinar date.

Registrations close 27 May

