

STARRMARK

The Tennis Journey

Preventing burnout and achieving long-term goals



Burnout

Why talk about burnout?
What have you seen?

Starr & Mark

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Workshop Overview

College Panel



Stories and Q&A

30 Minutes

**Burnout:
Causes &
Prevention**

5 Minutes

**Motivation
Storytelling**

20 Minutes

**Balance &
Goals**

20 Minutes

College Panel

Georgetown
Morgan State

Confidential

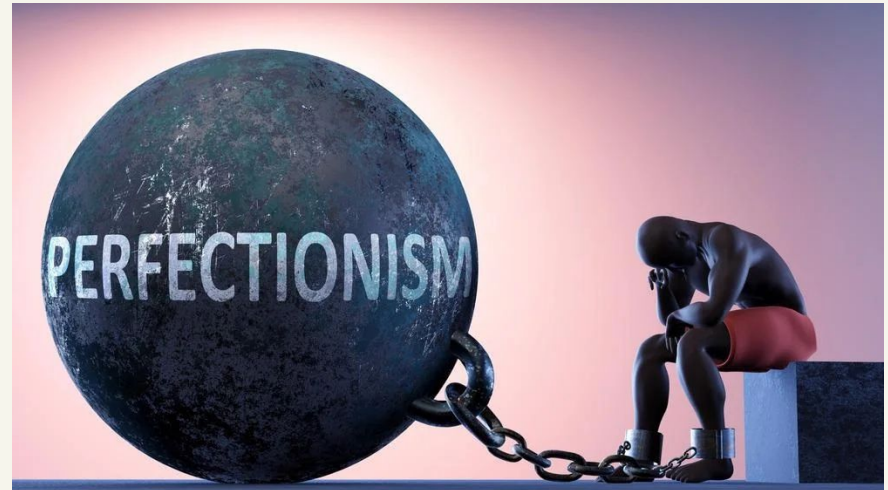
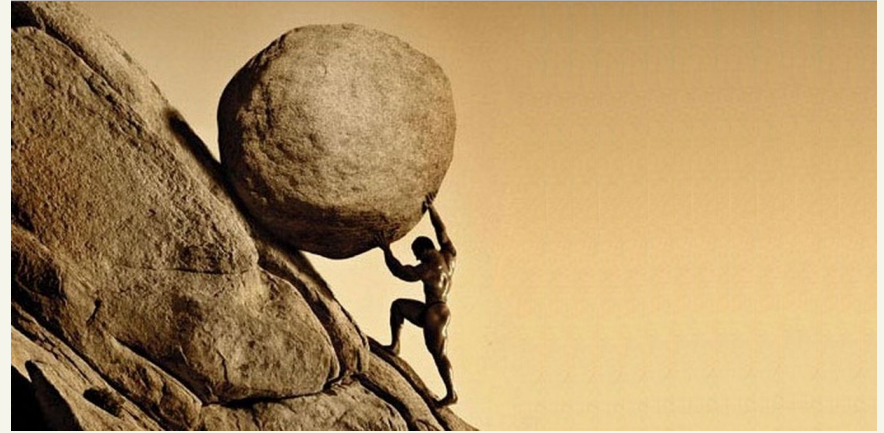
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Debrief

What stuck out to you
from what the players
said?

Causes of Burnout

- "Have to" versus "want to"
- Devaluation of Sport
- Perfectionism
- Chronic exhaustion



Storytelling

Priorities wheel
Self-evaluation exercise

Story 1: What does motivation look like?

1. Remember a time you felt **drive** to be on court. You *wanted* to be there.
2. Set the scene:
 - a. What was the weather like, what time was it, what else had you done that day? How did the practice/match go?
3. What did you feel?
 - a. Joy, camaraderie, exhilaration, urgency, adrenaline, intensity, engagement, movement, focus?
4. Who was there?
 - a. Who helped you get there? Who helped make it happen, in that if they were removed, it would not have happened?

Story 2: What does burnout look like?

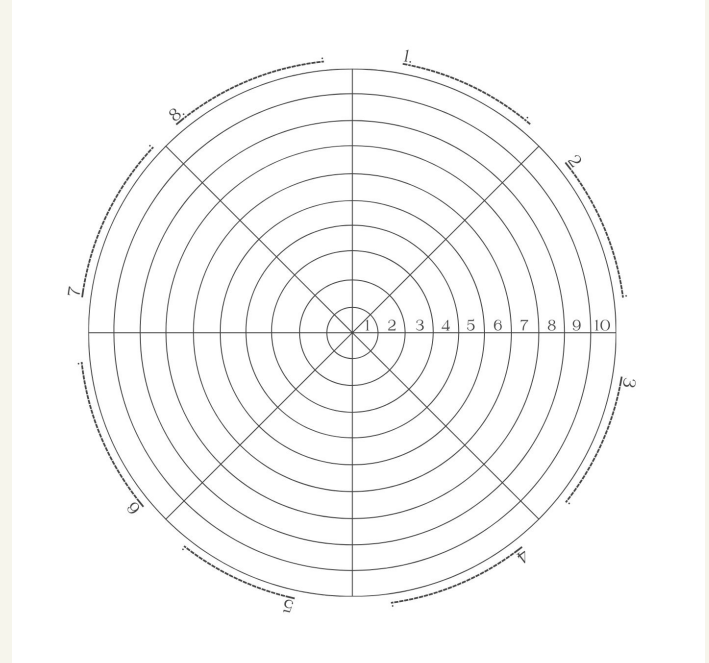
1. Remember a time you felt **resistance** in showing up on-court.
2. Set the scene:
 - a. What was the weather like, what time was it, what else had you done that day? How did the practice/match go?
3. What did you feel?
 - a. What did you feel? pain, boredom, frustration, overwhelm, fatigue?
4. Who was there?
 - a. Was anyone making it harder? Was someone forcing you to be there? Was anyone there to help you out of it?

Activity

Priorities wheel
Self-evaluation exercise

Instructions

1. Come up with 4-8 priorities.
2. Evaluate (1-10) how fulfilled you are in that priority, at this moment.
3. Identify one priority that is doing well. How are you doing it so well?
4. Identify one priority that is doing poorly. Name one way to improve it.



Example

Friendships

School

Diet and Exercise

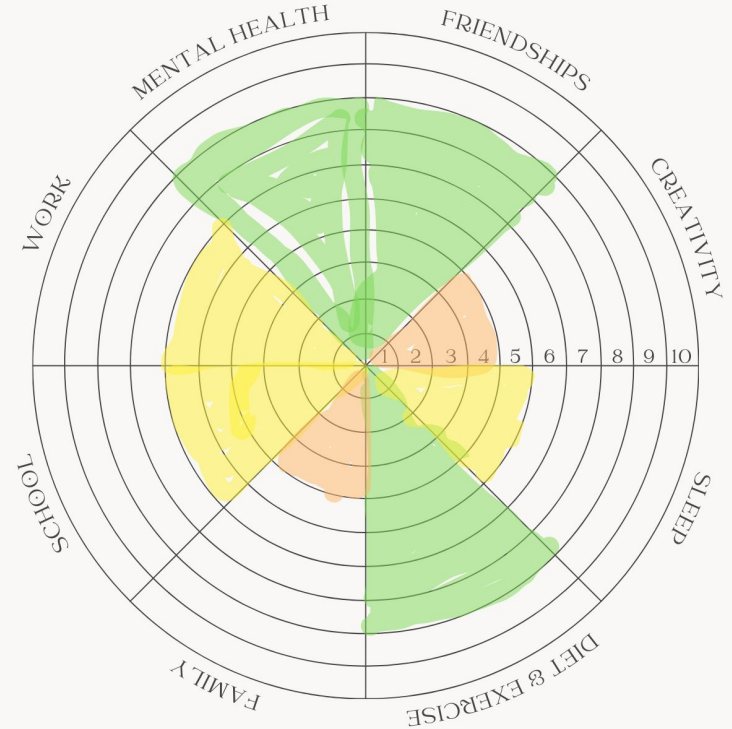
Creativity

Sleep

Family

Romantic
Relationship

Work Performance



Conclusion