



How to prepare high school female, student athletes for the reality of the college transition:



As a college coach and administrator, I watched student athletes struggle year after year. I decided to make a difference and to prepare young women for the rocky transition that was ahead for them. I used to believe that a young woman's struggles with unknowns were all part of their process, for their own growth and good, but now there is something deeply rooted in me that says a student athlete can have the proper readiness to make the transition period more smooth, less difficult, less challenging and more positive.

The adjustment to college life is not as easy as it looks, the issues are more than what meets the eye. The student athlete moves from the knowns in high school to the unknowns of a college experience, a thrilling but stressful transition. Next Step is based on prevention, provides precautionary steps to take and helps navigate the ever-changing landscape of college athletics.

I help student athletes prepare for the uncertainties and unknowns during the athletic transition phase. What a woman student athlete doesn't know can hurt her. What happens when the unexpected and unknowns are overwhelming? After being under her parent's roof for 18 years, what happens when all decisions are now her own?

Next Step propels young women to succeed once they understand the unknowns, challenges and pitfalls that are on the horizon.

Reach out to learn more:

Book a short call to learn more and how Next Step can customize a game plan to address your unique situation and concerns.

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