

A postcard from

Welham Girls' School

ROUND
SQUARE



The Psychology behind the World of Sports

POSTCARD



"I can accept failure; everyone fails at something. But I can't accept not trying." -Michael Jordan

Sports are more than goals, medals, and trophies. Behind every victory and defeat lies a story of **resilience, motivation, self-belief, teamwork, identity, and mental strength**. Just as in school and in life, sportspeople face pressure, expectations, setbacks, difficult choices, and moments of self-doubt. What matters is how they respond to the challenges they encounter.

Join us for an engaging online discussion as we explore **the psychology behind the world of sports**. Together, we will look at how pressure affects performance; what motivates sportspeople to keep going; how teams build trust; and how values such as integrity, collaboration, fair play, and respect shape the people we become, both on and off the field.

Hoping to see you all on the call!

Welham Girls' School

Title: The Psychology behind the World of Sports

Date: 21 October 2026

3:00pm IST (GMT +5:30)

Time: We make the start time to be 10:30am in London, 11:30am in Munich, 12:30pm in Nairobi and Doha, 1:30pm in Dubai and Yerevan, 2:30pm in Karachi, 3:30pm in Chittagong, 4:30pm in Bangkok and 5:30pm in Singapore, but please check for your own location

Register: <https://podio.com/webforms/30845802/2624994>

a Zoom Around the World with Round Square event