



**EASTERN**  
CONNECTICUT STATE UNIVERSITY



# MINDSET OF A CHAMPION

**THE TOUGHEST OPPONENT ISN'T ALWAYS  
ACROSS FROM YOU.**

Pressure. Expectations. Setbacks. Self-doubt.  
Every athlete faces them. Champions learn  
how to respond.



**ERIN CONNER & KATIE WOOD**  
**BET ON YOU MENTALITY**

They've coached athletes. They've raised them. They've been them.



**OCTOBER 23, 2026**  
**9:00-11:00 AM**



**SHAFFER HALL AUDITORIUM**  
EASTERN CONNECTICUT STATE UNIVERSITY

**FREE EVENT**



**RYAN  
LAVARNWAY**

Former Major League  
Baseball Catcher

World Series Champion &  
Olympian

Leadership Coach &  
Keynote Speaker



Photo Credit: The Eagle-Tribune

**REGISTRATION**



<https://casci.ac/13411>