

# Mental Toughness Conference 2026

Budapest | May 13-14, 2026

## Meet Our Speaker

### **Szabolcs Hollósi**

AQR Hungary

#### **Developing Mental Toughness in Young Athletes – Opportunities and Case Studies**



This session takes the form of a panel discussion, exploring a practical, experience-based approach to developing Mental Toughness in young athletes. The discussion will be introduced and framed by Szabolcs Hollósi, who will outline the key challenges young athletes face today and how the MTQ framework can support their long-term development. Drawing on real case examples from both elite and academy-level sport, the panel will examine how Mental Toughness can be developed in age-appropriate ways, and how coaches, parents, and clubs can work together to strengthen confidence, adaptability, resilience, and self-awareness in young performers. Participants will leave with clear ideas on how targeted mental development can support both performance and personal growth in young athletes.

#### **About Szabolcs**

Szabolcs Hollósi is a sociologist and mental toughness master trainer with 25 years of experience in developing people, teams, and communities. He works with leaders, athletes, coaches, and professionals to strengthen self-awareness, resilience, and team culture. His focus is on building inspiring environments where individuals can grow, perform, and support others effectively. He also contributes to the Hungarian Football Federation's coach education, and teaches in the Mental Trainer programme at Széchenyi István University. He currently supports the Ferencvárosi TC handball and water polo teams, helping athletes and coaching staff achieve their performance and development goals.

