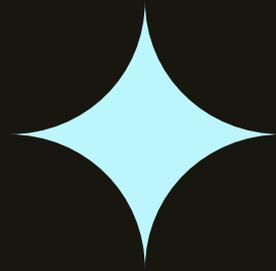


Mental Toughness Conference 2026

Budapest | May 13-14, 2026

Meet Our Speaker



Szabolcs Hollósi

AQR Hungary

Mental Toughness in Athlete Development – From Youth Pathways to Elite Performance

This panel discussion explores practical approaches to developing Mental Toughness across the athlete pathway – from youth development to elite performance. The session will be introduced by Szabolcs Hollósi, who will outline the key psychological challenges athletes face as they progress toward higher levels of sport. Drawing on examples from academy and high-performance environments, the panel will discuss how Mental Toughness can be developed in age-appropriate ways and how coaches, parents and clubs can support this transition. The conversation will highlight how confidence, adaptability, resilience, positivity and self-awareness help athletes cope with increasing expectations and performance pressure. The session focuses on practical insights rather than theory, offering ideas that can be applied directly in coaching and athlete development environments. Participants will gain clear takeaways on how targeted mental development can support both performance and personal growth on the journey to elite sport.

About Szabolcs

Szabolcs Hollósi is a sociologist, mental performance coach, 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 Sports Mental and Team Building Trainer and Sports Coach programmes 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.

