

## ■ LEADERSHIP WORKSHOPS

### ***“Leading Your Organization”: Developing a Positive Coaching Culture*** (2 hours)

This interactive workshop will **set the table for success** for the organization by **aligning the Administrators, Coaches and Parents** to achieve great things. It will help **shape the Culture of the organization** by examining where things are going well and where improvements are needed. **Specific tools** are presented that can be used with parents (i.e. letter to parents and parent pledge) and coaches (i.e. job description, season-ending evaluation).

Topics Include:

- > Leadership and Culture Shaping
- > Elements of Positive Coaching Culture
- > Developing and Maintaining a Positive Culture
- > Structural Pillars for maintaining a Positive Culture over the long term
- > Development of an organization-specific action plan

## ■ COACH WORKSHOPS

### ***“Double-Goal Coach®: Coaching for Winning and Life Lessons”*** (2 hours)

This interactive workshop introduces PCA’s Double-Goal Coach model and presents **research from experts** in coaching, education and sports psychology. Every participant gains access to **dozens of practical, proven tools** to increase success during their next practice or competition. The workshop provides an **in-depth review of the three principles** around which it is built:

- > Honoring the Game
- > Filling Emotional Tanks
- > ELM Tree of Mastery

### ***“Double-Goal Coach: Culture, Practices and Games”*** (2 hours)

Some teams have fun, work hard and achieve great things. Most do not. This interactive workshop shows **how great coaches build a culture** that calls forth the best in people, including:

- > Elements of team culture that encourage athletes to give 100% effort and strive for excellence
- > “10-step Guide” to productive practice sessions that reinforce team culture and maximize results
- > The Art of “Game Coaching”

### ***“Double-Goal Coach: Coaching the Mental Game”*** (2 hours)

All athletes experience anxiety under competitive pressure. Some rise to the occasion and perform at their best, but many wither. This interactive workshop **provides proven, practical tools** for coaches to build self-confidence in their players by discussing the following topics:

- > Characteristics of great competitors
- > “The High Road Framework” for helping athletes view pressure as a privilege
- > Off-field tools to prepare for competition
- > On-field tools that can be used in the heat of competition to maintain and regain focus



***“Developing Competitors” – A Workshop for High School Coaches*** (2 hours)

This interactive workshop is designed especially for high school-level coaches who are determined to **help athletes make the journey from sports “participant” to become a “Triple-Impact Competitor.”**

- > Over a dozen specific exercises for coaches to help student-athletes improve themselves, their teammates and the game
- > Borrows from the Olympic motto: *Citius, Altius, Fortius* (Faster, Higher, Stronger) to help athletes strive together to excel
- > Introduces principles Honoring the Game, Redefining Winner and Filling the Emotional Tank, with complimenting tools and resources for coaches to improve their student-athletes on and off the field

## ■ PARENT WORKSHOPS

***“The Second-Goal Parent®: Developing Winners in Life Through Sports”*** (90-120 minutes)

This interactive workshop explores the role of a Second-Goal parent, supporting their child so that he or she has a fun, positive experience in sports. It will examine **how parents can help ensure their student-athletes’ experience yields healthy, developmental (physical, social, mental) outcomes** that will serve them far beyond the playing field. Other topics include:

- > Guidelines for developing a positive Coach/Parent relationship
- > Understanding the research-based three stages of Talent Development
- > Engaging children in constructive, meaningful conversations
- > Insight into the coach training and what it means to be a Double-Goal Coach

***“The Second-Goal Parent: Tips and Tools to Develop Winners in Life Through Sports”*** (30 minutes)

This presentation is designed as a 30-minute talk that covers many of the highlights from the full Second-Goal Parent workshop. Parents will come away with knowledge about **tools for supporting their child in his/her sports experience**, including:

- > Parents’ goals and their child’s goals related to sports participation
- > Tips for parents to show support before, during and after the game
- > Engaging in empowering conversations with their child/athlete
- > Motivating their child/athlete by filling emotional tanks and teaching lessons about effort, learning and mistakes

## ■ STUDENT-ATHLETE WORKSHOP

***“Becoming a Triple-Impact Competitor®”*** (75 minutes)

Anyone who plays on a team is a participant. However, it requires hard work, commitment and personal growth to become what PCA calls a “Triple-Impact Competitor”. This interactive workshop defines what it means to be a Triple-Impact Competitor, in terms of how an athlete can improve:

- > THEMSELVES (through the ELM Tree of Mastery)
- > THEIR TEAMMATES (by Filling Emotional Tanks)
- > THE GAME (through Honoring the Game)

In addition, ideas and tools for becoming a Triple-Impact Competitor are taught and explored.

