

Developing Competitors Through Positive Coaching (Youth)

The research and experiences of great coaches across the country is clear: **Positive is Powerful**. In this highly interactive workshop– attendees explore how to pursue sustained success for their athletes both on and off the field by developing competitors and life skills through sports. Each coach will leave the workshop as a PCA-certified Positive Coach, knowing how to establish a **Positive Youth Sports Culture** where athletes feel safe, seen, heard, and valued using the following principles:

- Building Trusting Relationships
- ELM Tree of Mastery
- Filling Emotional Tanks
- Honoring the Game

In addition to advice from pro coaches and athletes, workshop content comprises:

- Research-based insights from experts in coaching, education and sports psychology
- Hands-on training in field-tested practical, proven tips and tools that coaches can implement simply – but with profound results
- The application of PCA tools and principles through activities and discussions to equip coaches to handle common challenges in youth sports.

