



POSITIVE MOTIVATION

In this 90-minute workshop, your coaches will engage in an interactive discussion about how Positive Coaching impacts athletes. The workshop provides deeper exploration of Filling Emotional Tanks, including discussion of research that demonstrates how positive coaching improves performance and open-ness to life lessons.

"We based our program on caring, warmth, positive reinforcement, praise, encouragement, eliminating the negative and raising self-esteem."

- Jim Sochor, Former UC Davis Football Coach



DATE:

TIME:

LOCATION:

CONTACT:



Every participant will receive a handout containing valuable tips and reminders about best practices shared from the workshop.

Please contact your PCA Coordinator to inquire if handouts will be distributed at this event.



This workshop draws on one segment of the Double-Goal Coach® model, focusing on "Filling the Emotional Tank." An athlete with a full tank will be more ready to deal with difficult situations, is more likely have fun, and will therefore be more likely to stick with youth sports.