

POSITIVE MOTIVATION: GETTING THE BEST FROM TODAY'S ATHLETES

Today's athletes face a lot of new challenges. As coaches, it's important to recognize their strengths, understand their experiences, and help them find positive ways to cope. Positive Motivation: Getting the Best From Today's Athletes teaches a research-based way to coach and motivate athletes.

Coaches who join this workshop will learn how to connect better with today's athletes, create a positive and motivating atmosphere, build a supportive and challenging environment that helps athletes become more resilient, and lean into uncomfortable/challenging conversations.

“ I received nothing but positive feedback from my coaches. The workshop was well-run and had great interaction and camaraderie with a ton of valuable information.”

- Athletic Director,
Wyndmoor, PA

UPCOMING WORKSHOP

Hosted By:

Date:

Time:

Location:

