



THE POWER OF POSITIVE SPORTS PARENTING

The Power of Positive Sports Parenting offers practical strategies to help parents/caregivers contribute to a positive and welcoming sports experience for everyone involved. Parents/ Caregivers who attend this workshop will be given tools to:

- Align their goals with those of their athletes
- Support their athlete’s mental wellness through empathy
- Model and reinforce a positive sports culture
- Build an effective coach-parent partnership
- Foster a sense of belonging amongst the team community

“ Parents who attended the PCA parent workshop were overwhelmingly positive about the experience and the value provided. Parents commented that they wished other sports embraced the PCA philosophies.”

**-Program Director,
Rhode Island**

UPCOMING WORKSHOP

Org Name:

Date:

Time:

Location:

