

SUPPORTING POSITIVE ATHLETE BEHAVIOR THROUGH RESPONSIVE COACHING

ABOUT THE WORKSHOP

This interactive workshop teaches coaches strategies to handle challenging behavior without losing focus or control. Coaches will learn tools for how to respond with purpose in order to build connection and accountability, while keeping practices productive and athletes growing.

COACHES WILL LEARN:

- Tools to regulate their own emotions and coach with clarity under pressure
- A framework for building consistent routines that keep athletes engaged
- Tips for designing practices that are inclusive, dynamic, and supportive
- A restorative mindset that builds trust, teaches life skills, and still holds the line on expectations

UPCOMING WORKSHOP

Org Name:

Date:

Time:

Location:

WHAT OTHERS SAY...

“It was fun, engaging, and easy to follow—making it accessible for all staff members. The content was not only relevant to the work we do every day, but also provided valuable tools and strategies to better support and connect with the kids we serve. We walked away feeling more equipped, inspired, and ready to implement what we learned.”

- Sports Program Director

