PCA workshop attendees are invited to complete a survey six weeks after participating to share their use of PCA tools and the impact of the workshops. Coaches, parents, and organization leaders report the impacts of PCA workshops in multiple areas:

### Coaches’ ability to support life skills development & social emotional learning

- 84% of coaches are better able to help athletes develop a growth mindset
- 80% of coaches are better able to help athletes bounce back quickly from mistakes
- 79% of coaches are better able to develop teamwork
- 81% of coaches do more to help athletes develop resilience

### Sports as fun

- 78% of coaches say their athletes’ experiences have improved because of PCA tools
- 73% of coaches are having more fun coaching
- 76% of coaches say their team’s environment is more positive
- 72% of coaches say their organization’s environment is more positive
- 80% of leaders believe that people in their athletic program are having more fun
- 84% of leaders say their organization’s environment is more positive
- 71% of parents say their use of PCA tools has improved their children’s sports experiences

### Parent-coach relationships

- 70% of coaches have more constructive conversations with parents
- 68% of leaders say that coach-parent relationships have improved
- 58% of parents believe they are better able to have constructive conversations with their child’s coach
Results are based on 714 responses to surveys administered to coaches, parents, school and youth sports organization leaders six weeks after PCA workshop participation between April and September 2019. Workshops occurred across the country and in all PCA chapter locations: Arizona, Central Texas, Chicago, Cleveland, Colorado, Hawaii, Houston, Los Angeles, Mid-Atlantic, Minnesota, New England, New York City, North Texas, Portland, Sacramento, San Francisco Bay Area, Seattle, and Tampa Bay.