

## **POSITIVE MOTIVATION: Getting the Best From Athletes**

In this 90-minute workshop, your coaches and their PCA Trainer who facilitates the workshop engage in interactive discussion of how Positive Coaching impacts athletes. We share research from the world's top sport psychologists and researchers, some who serve on PCA's National Advisory Board and have provided additional insight exclusive to PCA.

Your coaches will learn exactly why positive motivation helps athletes improve their performance and process the life lessons available through sport that will impact them in athletic competition and beyond. Coaches will explore scenarios and apply this knowledge to some of the most difficult team and player motivation challenges:

- Motivating difficult-to-reach players and underperforming teams
- Having "hard conversations" with players
- Communicating "Receivable Criticism"
- Giving players an "Emotional Tank Vocabulary" for use with themselves and their teammates.

