



## **DOUBLE-GOAL COACH®:** **Coaching for Winning and Life Lessons**

The research and experiences of great coaches across the country is clear: Positive is Powerful. In this highly interactive two-hour workshop – sparked by video-based advice from top pro athletes and coaches on PCA's National Advisory Board – attendees explore why and how to pursue both winning and the more important goal of teaching life lessons through sports. Each of your coaches will leave the workshop as a PCA-certified Double-Goal Coach, knowing how to:

- Fill Emotional Tanks;
- Coach for Mastery of Sport  
(Not Just Scoreboard Results); and
- Honor the Game.

In addition to advice from pro coaches, workshop content comprises:

- Research-based insights from experts in coaching, education and sports psychology
- Hands-on training in field-tested practical, proven tips tools that coaches can implement simply – but with profound results
- The application of PCA tools and principles through specific scenarios to equip coaches to handle common challenges in youth sports.

