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**
- 87% of coaches are better able to help athletes develop a growth mindset
- 84% of coaches are better able to help athletes bounce back quickly from mistakes
- 80% of coaches are better able to develop teamwork
- 82% of coaches do more to help athletes develop resilience

**Sports as fun**
- 82% of coaches say their athletes' experiences have improved because of PCA tools
- 73% of coaches are having more fun coaching
- 73% of coaches say their team's environment is more positive
- 78% of coaches say their organization's environment is more positive
- 80% of leaders believe that people in their athletic program are having more fun
- 60% of leaders say their organization's environment is more positive
- 86% of parents say their use of PCA tools has improved their children's sports experiences

**Parent-Coach relationships**
- 72% of coaches have more constructive conversations with parents
- 40% of leaders say that coach-parent relationships have improved
- 61% of parents believe they are better able to have constructive conversations with their child's coach
Using sports to teach life lessons

- 81% of coaches are increasing their focus on teaching life lessons through sports
- 100% of leaders say their coaches are focusing more on using sports to teach life

Coach and athlete turnover

- 66% of coaches report that they are likely to continue coaching for longer
- 71% of coaches expect to see greater retention of their athletes on their teams
- 40% of leaders believe they will be better able to hire and retain good coaches
- 75% of leaders expect to see greater retention of athletes in their organization
- 61% of parents expect that their children will be more likely to continue playing sports

Usefulness of PCA tools

- 80%+ of coaches, leaders, and parents report using PCA tools after the workshop
- 86% of coaches believe PCA tools help make them better coaches
- 100% of leaders believe PCA tools help make them better leaders
- 100% of leaders feel more equipped to build a positive culture in their organization
- 83% of parents have a better understanding of how to support their children in sports
- 72% of parents believe PCA tools help make them better sports parents

Results are based on 437 responses to surveys administered to coaches, parents, school and youth sports organization leaders six weeks after PCA workshop participation between September 1, 2021 and June 30, 2022. Workshops occurred across the country.