



COACHING WITH EMPATHY



A workshop that equips coaches to use empathy to develop strong competitors and a positive team culture through meaningful connections, active listening, and an understanding that personal experiences shape the way athletes show up.

WHY THIS WORKSHOP?

When stress from school, home, social pressures, or life experiences builds up, it can make it harder for athletes to concentrate, learn, and perform. Empathy is a powerful tool coaches can use to recognize these behavior shifts as signals of overload, allowing them to help athletes build resilience and develop their skills on and off the playing field.

WHAT COACHES WILL GAIN

This interactive session gives coaches the tools and practical frameworks to build high-trust environments:

- An understanding of why a healthy relationship with a coach is the primary driver for an athlete's ability to heal, learn, and perform.
- The tools to ensure every athlete feels safe, valued, and a sense of belonging.
- The ability to identify how past experiences might affect expectations and how coaches show up for their athletes.
- The opportunity to apply and practice the PACT framework with real coaching scenarios.

HOW IT HELPS

- Move from asking "What is wrong with this athlete?" to "What is happening with this athlete and how can I better support them?"
- Leave with a concrete, repeatable framework to guide interactions with athletes and build trust and understanding at any point while coaching.
- Use empathetic coaching to foster a sense of belonging that encourages skill-stretching and resilience.

If we want athletes to be ready to learn and focus, we must support their recovery from stressors. Empathy is the fuel that powers athlete growth and team success.

