

CULTURE BUILDING

Honoring the Game

Culture Building: Honoring the Game provides coaches with multiple tools and resources to build a positive sports culture with their athletes. In this interactive workshop we expand upon PCA's culture principle, Honoring the Game. Coaches will learn the **Positive Culture Essentials** - tools that help coaches intentionally build a positive sports culture which can lead to increased athlete satisfaction, sense of belonging, resilience, and performance.

In this workshop, coaches will:

- Identify the benefits of building a positive culture
- Learn the **Positive Culture Essentials**
- Use scenarios to apply the **Positive Culture Essentials**

When athletes are part of a **positive team culture**, they are more likely to experience the many benefits that sports can provide - from developing leadership skills to building healthy connections and improved mental wellness.

Following this workshop, PCA will provide coaches continued support through an email series that summarizes and supplements the workshop learnings with additional resources to help ensure they have everything they need to create the best possible sports culture for their athletes. Coaches will also receive a monthly resource focused newsletter called PCA Picks and have access to Ask PCA - a question and answer service monitored by PCA's education staff.

