

Developing Competitors Through Positive Coaching

A workshop that helps coaches unlock the full potential of their athletes so that they can thrive as competitors and as people.

WHY THIS WORKSHOP?

Youth sports can be a powerful setting for building connections, life skills, resilience, and a love of the game. Yet, too often coaches focus solely on results, leaving athletes feeling pressured, disengaged, or discouraged. This workshop supports coaches in building competitive environments where sport and life skill development drive performance and long-term athlete growth.

WHAT COACHES WILL GAIN

Coaches will explore strategies to intentionally shape team culture and support both competitive success and meaningful growth. Coaches will learn actionable ways to:

- Develop relationships that enhance trust, athlete engagement, and enjoyment
- Accelerate skill development by fostering effort-focused environments
- Support athletes' emotional well-being by strengthening connections with teammates
- Center team culture on respect and belonging for everyone involved — athletes, parents/caregivers, coaches, officials, and opponents.

HOW IT HELPS

- Unlocking sport's fullest developmental benefits and elevating competitive success = maximized growth and better results on the field.
- More positive, athlete-centered experiences = higher motivation and sustained engagement all season long.
- Making intentional coaching choices = stronger relationships, a healthier team culture, and better outcomes for teams and individuals.
- Applying practical strategies that support personal and athletic growth = every athlete has the opportunity to thrive.
- Athletes being more engaged, enjoying themselves, and performing better = coaches having a more fulfilling, fun, enjoyable experience.

This workshop empowers coaches at every level to ignite effort, build real connection, and help athletes thrive on the field and in life.

