



COACHING WITH EMPATHY

This **highly interactive**, research-based workshop provides coaches with the tools to build meaningful, understanding relationships with and amongst their team and unlock the many benefits that sports can provide.

Coaches will learn how to seamlessly integrate empathy into everyday coaching by creating strong connections, listening to athletes, and understanding how kids' experiences impact how they show up to your practices. Coaches will take away tangible tools and tips to create an empathetic environment with their team so all kids feel safe, seen, heard, and valued.

“ PCA's Coaching with Empathy workshop provided practical and powerful tools for creating a positive and safe environment for young athletes. More importantly, it emphasized prioritizing the person first, and the athlete second. The coaches walked away with an enhanced ability to understand and connect with their teams in supportive and authentic ways ”

**- Youth Sport Director,
Cleveland, OH**

UPCOMING WORKSHOP

Hosted By:

Date:

Time:

Location:

