



MASTERY: THE PURSUIT OF PEAK PERFORMANCE

Mastery: The Pursuit of Peak Performance expands upon PCA's skill development principle, the ELM Tree of Mastery, and provides coaches with the research-based Pursuit of Peak Performance Framework, which will help them guide athletes towards performing at their highest levels.

Coaches who attend this workshop will be equipped to utilize effective goal setting with athletes, provide athletes mental tools to lessen stress and anxiety, establish dynamic physical training methods, reinforce strategies to help athletes overcome setbacks, and deliver feedback that motivates athletes.

“ This workshop was extremely well-received! Coaches learned about actual tools that they can use daily and how to effectively implement them. Several coaches came up feeling 're-energized' after the lesson. ”

**-Athletic Director,
Erdenheim, PA**

UPCOMING WORKSHOP

Org Name:

Date:

Time:

Location:

