



MASTERY: COACHING FOR PEAK PERFORMANCE

This workshop is a deep dive into the concept of the ELM Tree of Mastery. The workshop includes research from the world's top sport psychologists and researchers. Coaches will discuss scenarios and apply the information learned to some of the most common and difficult challenges related to effort, learning, and mistakes (ELM).

Coaches will learn how to help their athletes use a mastery focus to improve and perform to their potential in sports and in life.

“ 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

Hosted By:

Date:

Time:

Location:

