



## MASTERY

### The Pursuit of Peak Performance

Coaches play a crucial role in helping young people gain skills and improve their performance over time. 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
- Deliver feedback that motivates athletes

After the workshop, coaches will have opportunities to continue to improve and implement the workshop content as they receive continued support through a summary toolkit, follow-up emails, and extra resources. Coaches will also receive a monthly resource-focused newsletter called PCA Picks and have access to PCA's Q&A service monitored by staff - Ask PCA.

