

# WORKSHOPS



PCA workshops provide practical, research-backed strategies to create positive, high-performing team cultures where athletes thrive on and off the field.

**[Learn more at positivecoach.org](https://positivecoach.org)**



## PCA WORKSHOPS

Youth and high school sports have the power to build character, confidence, and connection—and with the right tools, every coach, parent, and leader can help make that happen. Our workshops are facilitated by experienced PCA Trainers with deep expertise in coaching and sport education. Each session is interactive, actionable, and built for real-world impact.

## FOR COACHES

- ➔ **DEVELOPING COMPETITORS THROUGH POSITIVE COACHING (YOUTH)**  
PCA's foundational workshop that provides coaches with the tools to create a Positive Youth Sports Culture that sets athletes up to succeed both on and off the field.
- ➔ **DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING (HIGH SCHOOL)**  
Takes the principles of creating a positive youth sports culture, views them through the lens of mental wellness, and provides hands on tools to develop competitors, life skills, and mental wellness among High School athletes and beyond.
- ➔ **COACHING WITH EMPATHY**  
Provides coaches with the tools to build meaningful, understanding relationships with and amongst their team – and unlock the many benefits that sports can provide.
- ➔ **SUPPORTING POSITIVE ATHLETE BEHAVIOR THROUGH RESPONSIVE COACHING**  
A workshop to help coaches handle tough moments, build stronger teams, and keep athletes engaged.
- ➔ **MASTERY: THE PURSUIT OF PEAK PERFORMANCE**  
The Pursuit of Peak Performance expands upon PCA's skill development principle, The ELM Tree of Mastery. Coaches learn the Pursuit of Peak Performance Framework – an actionable way to support athlete development both on and off the field.

### ➔ POSITIVE MOTIVATION: GETTING THE BEST FROM TODAY'S ATHLETES

Getting the Best from Today's Athletes teaches a research-based way for coaches to motivate and work with athletes, with a focus on how positive coaching builds a supportive and challenging environment that helps athletes become more resilient and successful in sport and in life.

### ➔ CULTURE BUILDING: HONORING THE GAME

Honoring the Game introduces essential strategies that coaches can use to build a positive team culture that can lead to increased athlete satisfaction, sense of belonging, resilience, and performance.

### ➔ SPORTS CAN BATTLE RACISM

A workshop for coaches that strives to establish and enhance the building of sports environments free of hate and discrimination.

## FOR PARENTS/CAREGIVERS

- ➔ **THE POWER OF POSITIVE SPORTS PARENTING**  
Provides parents/caregivers with effective tools to support life skill development and the mental wellness of their athletes, form a productive parent/caregiver-coach partnership, and contribute to a welcoming team community.
- ➔ **THE POWER OF POSITIVE SPORTS PARENTING—PARENT TALK**  
Parent Talk is a 30 minute version of the original The Power of Positive Sports Parenting workshop.



## FOR STUDENT-ATHLETES

### → **TRIPLE-IMPACT COMPETITOR®: STRENGTHEN YOURSELF, YOUR TEAMMATES, & THE GAME**

Teaches athletes how to positively contribute to their team's success and culture, with actionable tools to manage challenges, support teammates, and see their role in shaping the game.

### → **MAKING TEAMMATES BETTER: LEADERSHIP & POSITIVE INITIATION**

Leadership and Positive Initiation provides student-athletes of high school age and older a deeper view into how teammates can help each other improve.

### → **HONORING THE GAME – SOCIAL MEDIA USE–ELEVATING YOURSELF & OTHERS**

Elevating Yourself and Others provides student-athletes of high school age and older the opportunity to examine more deeply their use of social media and the impact on their teams and the school community as a whole.

### → **SPORTS CAN BATTLE RACISM**

A workshop for athletes will have an interactive discussion on how to increase understanding of one's own identity and biases, value diversity, and create safe environments on their teams to help ensure that everyone belongs.

### → **COMPETING WITH EMPATHY**

Gives athletes the tools to build empathetic connections with peers while enhancing peak performance.

### → **JR. TRIPLE-IMPACT COMPETITOR®: ACTIVITIES TO STRENGTHEN YOURSELF, YOUR TEAMMATES, & THE GAME**

This dynamic, activity-based workshop equips elementary and middle school age athletes to grow as Triple-Impact Competitors, guiding them through exercises that build the skills to strengthen themselves, their teammates, and the game.

### → **CHARACTER & LEADERSHIP DEVELOPMENT PROGRAM**

A curriculum of four (4) workshops designed to educate student-athletes on PCA's foundational principles and how to put those principles to use every day. Each workshop is a highly interactive session integrating group learning and case study techniques. Includes:

1. Becoming a Triple-Impact Competitor®
2. Making Teammates Better: Leadership
3. Making Teammates Better: Positive Initiative and Hazing
4. Honoring the Game: Social Media Use.

## FOR BUSINESSES

### → **POSITIVE MOTIVATION FOR MANAGERS (BUSINESS TEAMS)**

Anyone who participates in PCA programming – whether it be in youth sports, on business teams, or in personal relationships – can benefit, and expect to see improved ability to work as part of a team, greater personal resilience, and an increased capacity to bounce back from mistakes.

## FOR LEADERS

### → **CULTURE SHAPING FOR LEADERS**

Supports organizational and athletic department leadership in shaping a positive, equitable, and accessible sports culture through use of the Positive Youth Sports Culture Index – PCA's comprehensive culture shaping and evaluation tool.

### → **SPORTS EQUITY: INCREASING ACCESS TO YOUTH SPORTS**

Increasing Access to Youth Sports presents organizational and athletic department leadership with an opportunity to identify barriers that keep marginalized and underrepresented youth within their community from participating in sports and teaches proven strategies towards enhancing sports equity within their program.



SOME OF PCA'S PROUD

# PARTNERS

PLUS, OVER 60 PROFESSIONAL SPORTS TEAMS!



NATIONAL RECREATION  
AND PARK ASSOCIATION



LEARN MORE ABOUT PCA & OUR WORKSHOPS AT:

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