

POSITIVE COACHING ALLIANCE WORKSHOPS

PCA workshops combine the latest in sports and educational-psychology and organizational behavior with **practical advice** from a National Advisory Board of top pro and college athletes and coaches who use our principles at the highest levels of competition. All workshops are highly interactive and facilitated by PCA Trainers with deep experience in coaching, sports parenting, athletic administration or all three!

FOR COACHES

DEVELOPING COMPETITORS THROUGH POSITIVE COACHING (Youth) is 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.

CULTURE, PRACTICES AND GAMES further illustrates how coaches use PCA principles to build a team culture that players and their parents buy into, thus leading to life lessons and improved athletic performance in practices and games.

POSITIVE MOTIVATION: 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.

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.

CULTURE BUILDING: 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.

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.

MASTERY: Coaching for Peak Performance provides deeper exploration of PCA's ELM Tree of Mastery (Effort, Learning and bouncing back from Mistakes). Coaches will explore how to help their athletes improve and perform to their potential through a mastery focus.

SPORTS CAN BATTLE RACISM: A Workshop for Coaches strives to establish and enhance the building of sports environments free of hate and discrimination.

FOR PARENTS:

POSITIVE SPORTS PARENTING: Developing Winners in Life Through Sports helps parents and guardians learn why and how to focus on the goal of teaching life lessons through sports.

POSITIVE SPORTS PARENTING: Tips and Tools to Develop Winners in Life Through Sports is a 30-minute version of the original Positive Sport Parenting workshop.



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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.

FOR STUDENT-ATHLETES

BECOMING A TRIPLE-IMPACT COMPETITOR® trains student-athletes of middle-school age and older to impact sport on three levels by working to improve themselves, teammates and their sport as a whole.

MAKING TEAMMATES BETTER: 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 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 Develop Better Athletes, Better People takes elementary and middle school aged athletes through activities designed to plant the seeds of being a Triple-Impact Competitor.

CHARACTER & LEADERSHIP DEVELOPMENT PROGRAM

consists of 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.

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*

