



POSITIVE MOTIVATION: GETTING THE BEST FROM ATHLETES

This workshop is a deep dive into the concept of Filling Emotional Tanks and focuses on how Positive Coaching impacts athletes in sport and in life. It 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 difficult team and player motivation challenges.

Coaches will learn exactly why positive motivation helps athletes to improve their performance and process the life lessons available through sport that impact them in athletic competition and beyond.

“ I received nothing but positive feedback from my coaches. The workshop was well-run and had great interaction and camaraderie with a ton of valuable information.”

- Athletic Director,
Wyndmoor, PA

UPCOMING WORKSHOP

Hosted By:

Date:

Time:

Location:

