



# COACHING PEAK PERFORMANCE

In this 120-Minute interactive workshop, we will dive deeper into one of the three main principles of Positive Coaching: ELM (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. We share research from the world’s top sport psychologists and researchers, some who serve on PCA’s National Advisory Board and have provided additional insight exclusive to PCA.

**Coaches will explore scenarios and apply this knowledge to some of the most common and difficult challenges around Effort, Learning, and Mistakes.**



**DATE:**

**TIME:**

**LOCATION:**

**CONTACT:**



*This workshop draws on one segment of the Double-Goal Coach® model, focusing on Effort, Learning, and bouncing back from Mistakes.*



Every participant will receive a handout containing valuable tips and reminders about best practices shared from the workshop. You will receive this flyer via email within one day, once you text-to-sign-in at your Workshop.