

Developing Competitors Through Positive Coaching [High School]

In this workshop we'll explore how to apply the principles of Positive Coaching to establish a **positive culture** that leads to **sustained success** both on and off the field within a high school environment. We'll apply these principles to the role of an athlete committed to making themselves, their teammates, and their sport better.

We recognize that coaches and athletes face challenges that come with the territory of high school athletics, such as the increased pressure to win, how to balance athletics with other pursuits including academics, and the desire to play in college.

In this workshop participants will share ideas on:

- how to tackle the most significant coaching challenges at their school
- how to succeed on and off the scoreboard
- how to maximize their ability to create competitors

In addition, each coach will leave the workshop as a PCA-certified Positive Coach, knowing how to establish a Positive Sports Culture where athletes feel safe, seen, heard, and valued using the following principles:

- Building Trusting Relationships
- ELM Tree of Mastery
- Filling Emotional Tanks
- Honoring the Game

