



POSITIVE MOTIVATION: Getting the Best From Athletes

In this 90-minute workshop, your coaches and their PCA Trainer facilitator engage in **interactive discussion** of the impact of Positive Coaching on athletes. We share research from the world's top sport psychologists and researchers, some who serve on PCA's National Advisory Board and have provided insight exclusive to PCA.

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

Coaches **explore scenarios** and apply this knowledge to some of the most difficult team and player motivation challenges:

- Motivating difficult-to-reach players and underperforming teams
- Having "hard conversations" with players
- Communicating "Receivable Criticism"
- Giving players an "Emotional Tank Vocabulary" for use with themselves and their teammates.

