

# Positive Coaching Alliance Workshops

POSITIVE  
COACHING  
ALLIANCE®

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. Many workshops are complemented by books by PCA Founder Jim Thompson and all are highly interactive and facilitated by PCA Trainers with deep experience in coaching, sports parenting, athletic administration or all three!

**DOUBLE-GOAL COACH®: Coaching for Winning and Life Lessons** establishes PCA's premise that youth and high school sports entail the goal of winning and the more important goal of teaching life lessons through sports. Each attendee leaves as a PCA-certified Double-Goal Coach, learning how to Coach for Mastery of Sport (Not Just the Scoreboard); Fill Emotional Tanks; and Honor the Game.

**DEVELOPING THE TRIPLE-IMPACT COMPETITOR®** views the Double-Goal Coach model through the lens of high school sports, including such topics as social pressure, hazing, and the role of high school coaches and athletes as standard-bearers in their communities.

**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 Athletes** provides deeper exploration of Filling Emotional Tanks, including discussion of research that demonstrates how positive coaching improves performance and open-ness to life lessons.

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

**THE SECOND-GOAL PARENT®: Developing Winners in Life Through Sports** draws from the Double-Goal Coach model (winning and life lessons) to help parents focus on the second goal, ensuring their children gain the higher value of youth and high school sports regardless of scoreboard results.

**THE SECOND-GOAL PARENT®: Tips and Tools to Develop Winners in Life Through Sports** is a shortened version of the Second-Goal Parent: Developing Winners in Life Through Sports.

**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. Participants learn how all athletes can contribute leadership and how to welcome new players through Positive Initiation.

**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.

**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.

**LEADING YOUR ORGANIZATION: Developing a Positive Coaching Culture** guides school or youth sports organization leaders (such as a board of directors) in using youth and high school sports as a Development Zone®. Attendees learn why and how to establish Positive Coaching as a cultural norm, plus they get a takeaway action-plan for implementation throughout their community of coaches, parents, athletes, officials and spectators.

**SPORTS CAN BATTLE RACISM:** In our coach workshop experience, coaches will have an interactive discussion on how to combat racial discrimination, champion moral courage, and empower their programs to create positive change in their communities.