



COACHING PEAK PERFORMANCE

In this 90-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.



Every participant will receive a handout containing valuable tips and reminders about best practices shared from the workshop.

Please contact your PCA Coordinator to inquire if handouts will be distributed at this event.



HINGHAM
SPORTS
PARTNERSHIP

DATE:

Tuesday, Nov. 27th, 2018

TIME:

7pm - 9pm

LOCATION:

Hingham Middle School
Distance Learning Lab
Second Floor (Follow Signs)

CONTACT:

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HSP Board Member

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