



POSITIVE MOTIVATION

Getting the Best From Today's Athletes

Today's athletes face a lot of new challenges. As coaches, it's important to recognize their strengths, understand their experiences, and help them find positive ways to cope. Positive Motivation: Getting the Best From Today's Athletes teaches a research-based way to coach and motivate athletes. Coaches who join this workshop will learn how to:

- Connect better with today's athletes
- Create a positive and motivating atmosphere
- Build a supportive and challenging environment that helps athletes become more resilient
- Lean into uncomfortable/challenging conversations



This workshop is interactive, allowing coaches to connect and learn from each other while practicing the workshop's tips and tools through fun activities, discussions, and reflections.

The workshop also includes:

- Research-based insights from experts in performance and sport psychology
- Practical tools to encourage positive motivation within teams
- Advice from sport and research professionals

After the workshop, participants will have opportunities to continue to improve and implement the workshop content as they receive continued support through a summary toolkit, follow-up emails, and extra resources.

