

# LEADERSHIP WORKOUT

Strengthen effective coaching habits

Improve connection with this generation athlete

## Increase Performance



Performed by:



**N O R T H W E S T  
P E R F O R M A N C E P S Y C H O L O G Y**

[NorthwestPerformancePsychology.com](http://NorthwestPerformancePsychology.com)

Next Session:

**When:** Sat, Oct. 21<sup>st</sup> 3pm-6pm **OR** Sun, Oct. 22<sup>nd</sup>, 9AM-12PM

**Where:** Redmond Ridge Physical Therapy Center

**Investment:** \$250

**Contact:** Text "Leadership" to 425-409-9270 or register at [www.NorthwestPerformancePsychology.com](http://www.NorthwestPerformancePsychology.com)

**Create a sustainable performance plan by training these areas:**

**Core Work:** Develop a strong leadership core by identifying strengths, values, and setting effective goals.

**Strength:** Elevate your management skills by increasing awareness of relationship, communication, and decision-making styles.

**Flexibility:** Understand how to adapt your coaching behaviors to maximize opportunities, and to more effectively manage challenging athletes.

**Endurance:** Outlast opponents by knowing how to maintain intensity and motivation.



**This interactive workshop utilizes the DISC assessment tool to develop and refine effective coaching habits. Participation is intended to:**

- Foster better relationships between coaches and players
- Cultivate a positive team culture of excellence
- Increase coaching confidence and satisfaction
- Facilitate a commitment to value driven decisions