

Coach

Development Program:

Understand your coaching style and better connect with this generation of athlete.

As a sport psychologist, I hear coaches talk about the challenges they have with their Millennial players.

* Disappointment with players who lack a sense of accountability
* Difficulty of players hearing constructive feedback
* Frustration with lack of motivation
* Challenges managing over-involved parents

These challenges make building relationships harder, and yet we know the personal connections can affect performance of the players and the team. In fact, the Olympic Canadian Study found that the **coach-athlete relationship** was the most significant factor related to athletes either winning a medal, or having a personal best performance. The second most important factor was **athlete self-awareness**.

Increase your own self-awareness about your coaching and relationship habits, and learn how to increase awareness in your athletes too. I use the DISC assessment tool, which provides valuable information about your communication, decision-making, and conflict resolution styles.

This program will help you:

* Apply awareness to your advantage to connect more effectively to the millennial generation of athletes
* Increase cohesion and effectiveness of coaching staff
* Problem solve working with difficult athletes and parents
* Discover how you can see all athletes as “coachable”
* Create a plan for developing your overall team culture of excellence
* Increase satisfaction with coaching and prevent burnout

**Sessions:**

You can choose a 2 session, 3 session, or 4 session program package. Individual sessions can occur either in person in my office, at your site, or from a distance via secure video-conference software. Sessions last 60 minutes each. Total program investment: $300 (2 sessions), $400 (3 sessions), $500 (4 sessions). Contact me for details on the coach development program for coaching staffs.