

# Positive Coaching Alliance Workshops



BETTER ATHLETES  
BETTER PEOPLE

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, educators and organizational leaders, 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 engaging as 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.

**DOUBLE-GOAL COACH: 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.

**DOUBLE-GOAL COACH: Coaching the Mental Game** trains coaches to apply PCA principles and the culture as learned in the earlier Double-Goal Coach workshops into specific coach-player interactions that help youth reach higher levels of success in sports and other aspects of life.

**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.

**DEVELOPING COMPETITORS: A Workshop for High School Coaches** 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.

**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.

**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™ to develop **BETTER ATHLETES, BETTER PEOPLE**. Attendees learn why and how to establish Positive Coaching as a cultural norm, plus they get a takeaway action-plan for implementation throughout your community of coaches, parents, athletes, officials and spectators.

