

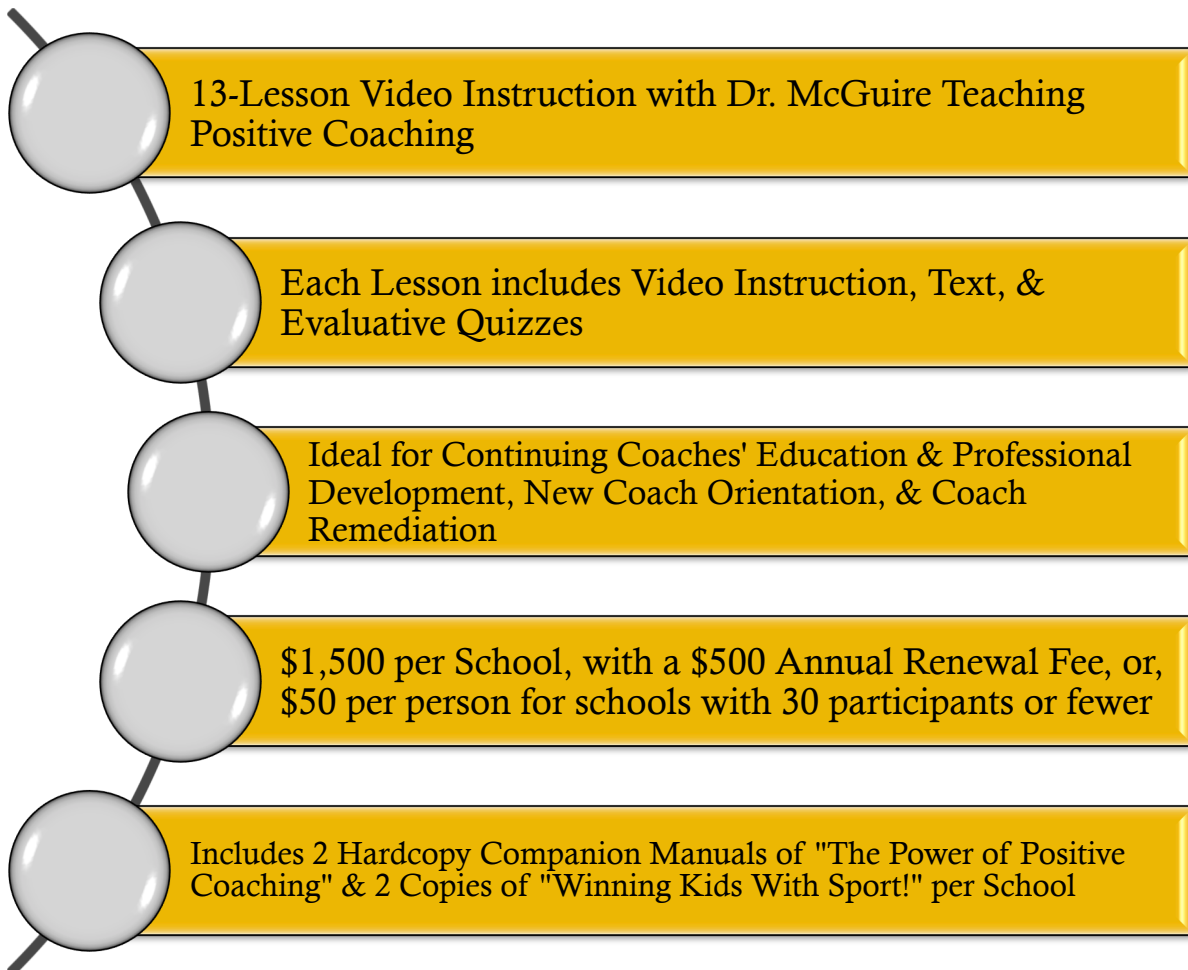
The Power of Positive Coaching *Digital Workshop!*

the **Missouri Institute for Positive Coaching**

Ideal for Continuing Coaches' Education & Professional Development

This interactive, online platform brings the Power of Positive Coaching directly to your School and Athletic Department!

Dr. Rick “Coach” McGuire, renowned sport psychology leader, professor, & former Head Track & Field Coach at the University of Missouri, guides you and your staff through the instruction and application of Positive Coaching.



the Missouri Institute for Positive Coaching

Video Lesson Overview of Dr. McGuire Teaching Positive Coaching

- **Lesson #1:** Introduction to Positive Coaching
- **Lesson #2:** “Thinking Right in Sport!”
- **Lesson #3:** The Scientific Foundations of Positive Coaching
- **Lesson #4:** *Stage 1* – Discover the Calling
- **Lesson #5:** *Stage 2* – Build the Foundation
- **Lesson #6:** Building a Construction Model for Positive Coaching
- **Lesson #7:** *Stage 3* – Cultivate Positive and Caring Relationships
- **Lesson #8:** *Stage 4* – Empower Growth Mindsets
- **Lesson #9:** Critical Conditions for Achieving Fulfilling Team Experiences
- **Lesson #10:** *Stage 5* – Inspire Passionate Hearts
- **Lesson #11:** Teaching the Skill of Focus
- **Lesson #12:** Developing Mentally Tough Athletes
- **Lesson #13:** *Stage 6* – Produce and Achieve Optimal Performances

Our Mission

To promote
POSITIVE COACHING
in sport at all levels, and
to enhance lives and
society by “Winning Kids
with Sport!”

Positive Coaching
develops competitive
athletes and teams by
teaching and modeling
the process of how to be a
SuCCCCCCCCess, both in
and out of sport!

**Demanding Not
Demeaning!**

Building Blocks of Positive Coaching

