

Coaching with Empathy

In-person and Zoom Workshops

What is Coaching with Empathy?

Creating a positive, developmental youth sports environment for your young athletes starts with the coach. The **highly interactive** Coaching with Empathy workshop provides coaches with the tools to build meaningful, understanding relationships with and amongst their team - and unlock the many benefits that sports can provide.

This **research-based** two-hour* workshop demonstrates how to seamlessly integrate empathy into everyday coaching by creating strong connections, listening to athletes, and understanding how kids' experiences impact how they show up to your practices. Coaches will actively participate in the workshop, including small group discussions and will practice applying the tools to real team settings. Coaches will take away tangible tools and tips to create an empathetic environment with their team so all kids feel safe, seen, heard, and valued.

In this workshop coaches will learn about:

- The impact of stress on young people
- The role of empathetic coaches
- How each coach's own experience impacts their relationships with athletes
- The "PACT" - our framework for applying empathy
- How to apply the "PACT" action steps

Schedule your Coaching with Empathy Workshop Today

Strengthen your positive youth sports experience by scheduling a Coaching with Empathy workshop in-person or virtually via Zoom for your coaches today through your Program Manager.

*Zoom workshop is 90 minutes

