

POSITIVE SPORTS COACHING

Sports Performance & Athlete Wellbeing

...using the science of positive psychology

Creating a Positive Sports Organisation

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What is Positive Sports Coaching?

- Positive Sports Coaching is a strengths based approach built around the science of **positive psychology**.
- Focus is on building players optimism, resilience and improving their wellbeing.
- The bonus is this will also improve individual and team performance.

Examples of organisations that are using Positive Sports Coaching

Federal and State Government



Sporting Organisations and Clubs



Corporates and Schools



This is not Positive Sports Coaching

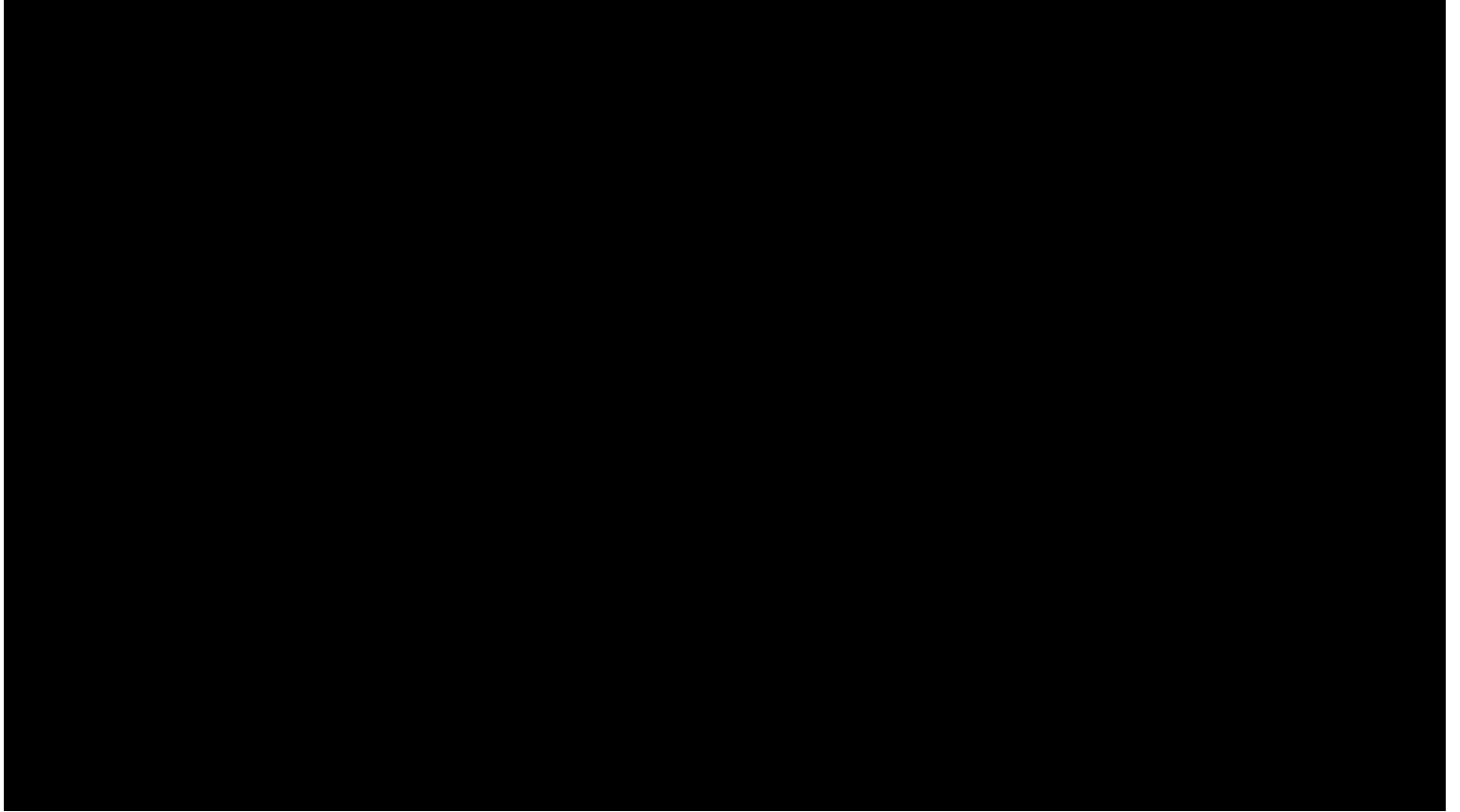


Positive Sports Coaching

Three main focus' for Positive Sports Coaching program

1. Increased focus on **Positives** to overcome negativity bias
2. Great emphasis on **Strengths** and Strength development
3. Building **Optimistic** mindsets

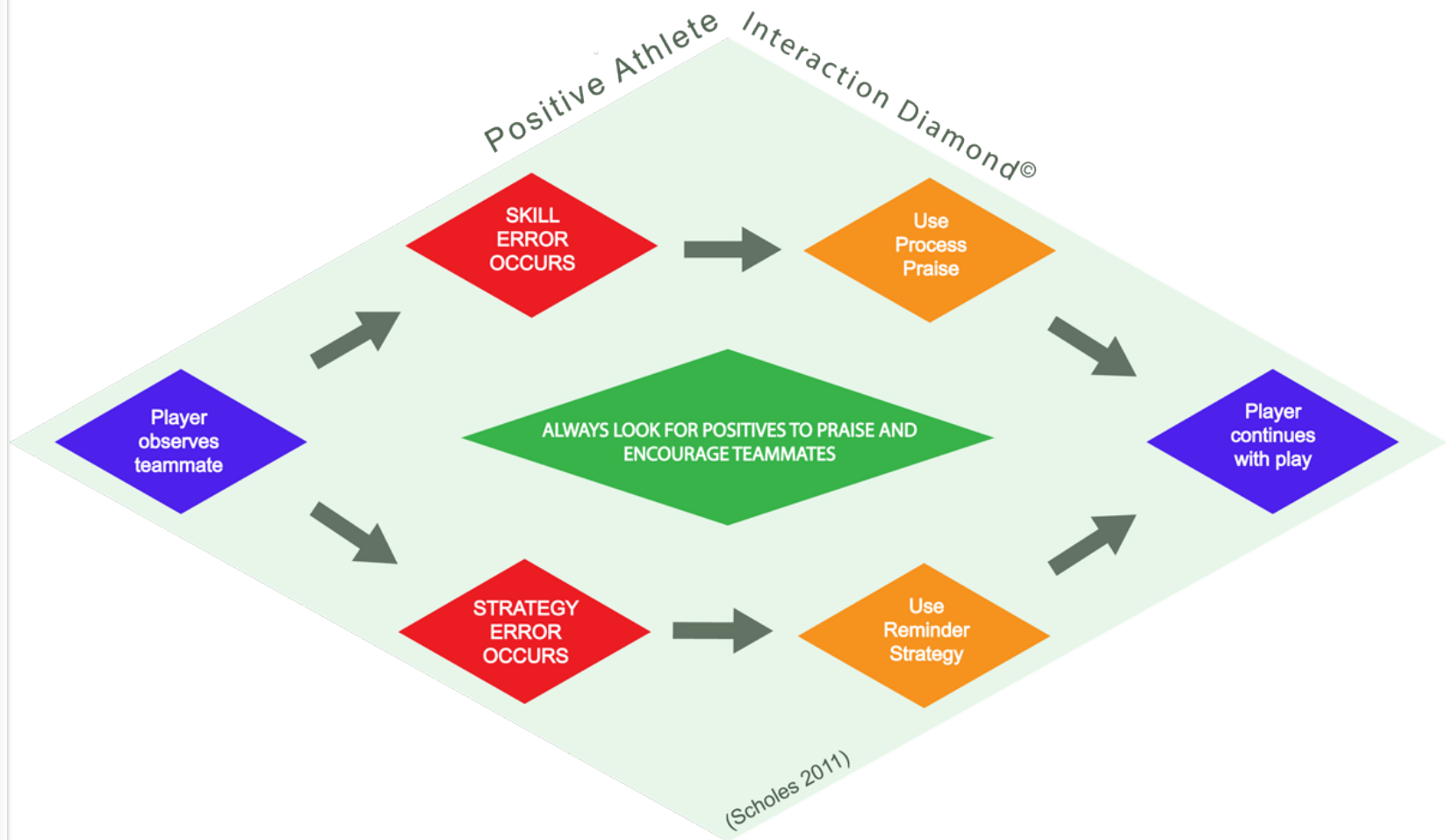
Optimism



Positive Sports Coaching Wheel



Positive Athlete Interaction Diamond



How do we create a Positive Sports Organisation?



The Four Pillars of a Positive Sports Organisation©

(Scholes 2011)



Pilot Study

Presented at the Australian Psychological Society College of Educational and Developmental Psychologists National Conference, Melbourne 2011. - Waters, Scholes, White

- 1st Team Australian Rules Football Coaches & Soccer Coaches at St Peters College, Adelaide, Australia were trained in Positive Sports Coaching.
- 25 Australian Rules Football players and 15 Soccer players were also trained in the Positive Sports Coaching program.
- A within group pre-test, post test design was used to test for differences in positive and negative emotions of the athletes. Using the Positive and Negative Affect Scale (PANAS) (Watson et al 1988)

Pilot Study

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Athlete's positive emotions improved considerably, 37 to 41.7, on a 50 point scale (increase of 9.4%).

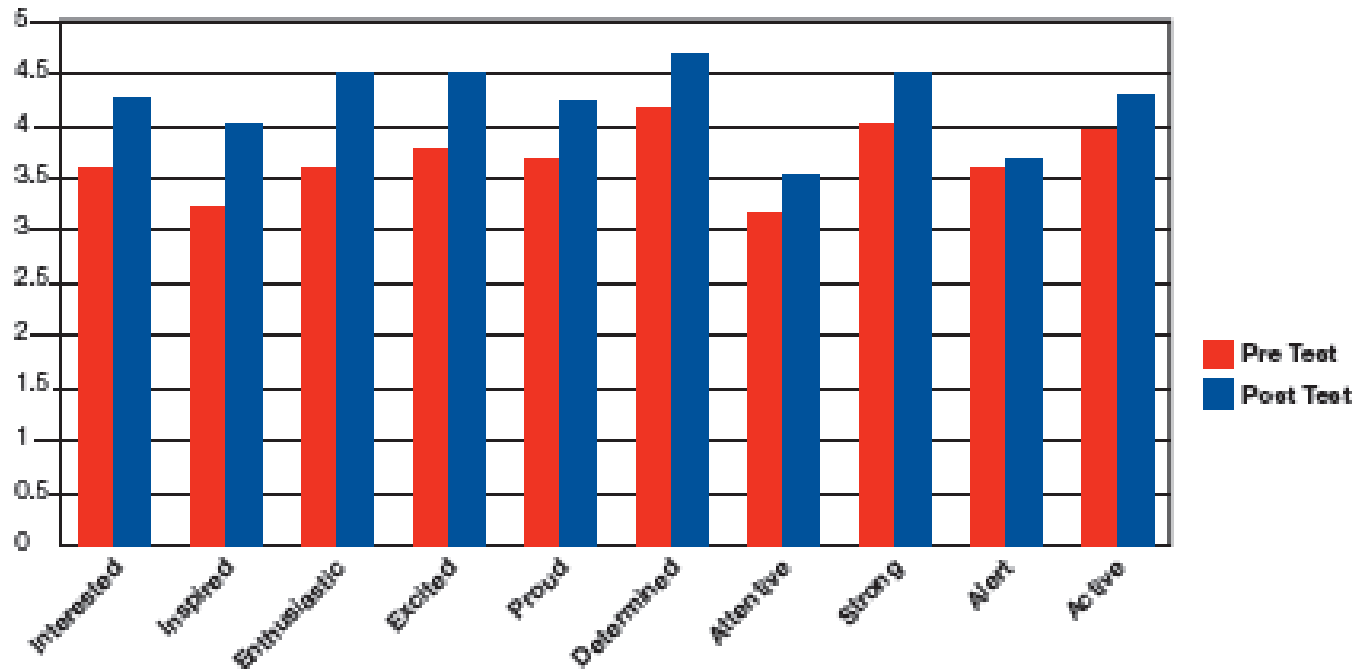


Table 1: Pre-test and post-test scores on positive emotions

Pilot Study

Presented at the Australian Psychological Society College of Educational and Developmental Psychologists National Conference, Melbourne 2011. - Waters, Scholes, White

Athlete's negative emotions remained constant at a low 19.05

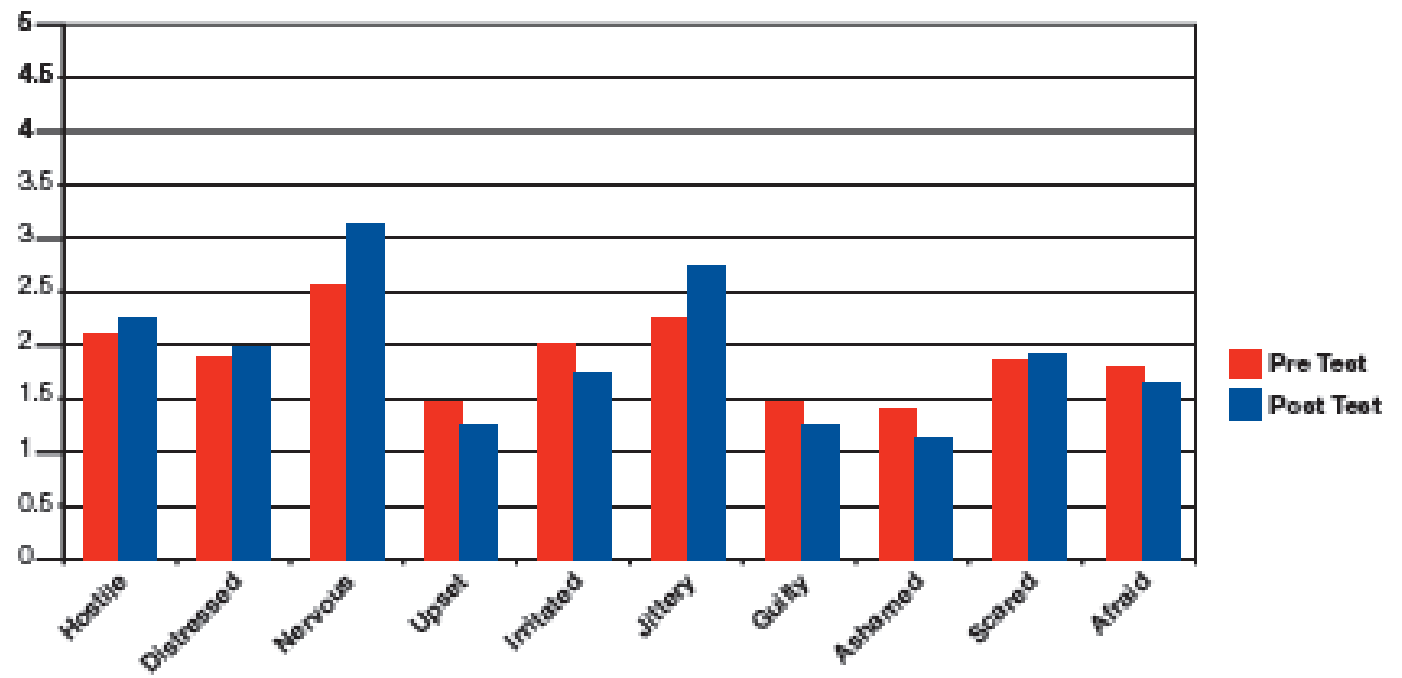


Table 2: Pre-test and post-test scores on negative emotions

Pilot Study : Athletes quotes

Presented at the Australian Psychological Society College of Educational and Developmental Psychologists National Conference, Melbourne 2011. - Waters, Scholes, White

Has helped me to
turn my nerves into
excitement

I am more
enthusiastic about
training and playing
hard

ATHLETE

The coaches were
more positive with
us after being
trained

Made me less nervous and
scared before Intercols,
now feel excited and keen

Pilot Study : Coaches quotes

Presented at the Australian Psychological Society College of Educational and Developmental Psychologists National Conference, Melbourne 2011. - Waters, Scholes, White

The Positive Sports Coaching Wheel is simple and effective

The players are more energised and responsive

COACH

I really feel I am educating the players

Focusing on the positives made me realise the opportunities for learning I was missing



Future Study

Barsky, Waters, Zyphur, Scholes & White

- A Quasi-experimental longitudinal study is currently underway at St Peters College Adelaide, Australia, involving 50 coaches and 600 student athletes.
- Athletes' performance and wellbeing is being examined using surveys (pre, mid, post season) and daily reconstruction methodology (pre match and post match).
- Preliminary data is promising from both a wellbeing and performance perspective

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Thank you for your time

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