

POSITIVE SPORTS COACHING

Sports Performance & Athlete Wellbeing

...using the science of positive psychology

Matthew Scholes is available to run workshops or presentations for your sporting club, school, coaches association, elite sports organisation or conference. The Positive Sports Coaching training can be tailored to your needs, availability and budget.

Training Options

Option A

1 Hour information session/presentation

Provides an overview of Positive Sports Coaching, The Negativity Bias, Relevant Research, The 4 Pillars of a Positive Sports Organisation© and introduces the Positive Sports Coaching Wheel©.

Option B

½ Day Presentation/Workshop

Provides an overview of Positive Sports Coaching, The Negativity Bias, Relevant Research The 4 Pillars of a Positive Sports Organisation© and teaches the use of the Positive Sports Coaching Wheel©, the Positive Athlete Interaction Diamond© and develops strategies for implementation of the Positive Sports Coaching Program.

Option C

Complete Coach Athlete Training – 5 sessions for the coaches, 2 sessions for the athletes plus observation of training (usually completed over approximately 2 ½ days with the final sessions 2 weeks after the initial training)

Provides an overview of Positive Sports Coaching, The Negativity Bias, Relevant Research The 4 Pillars of a Positive Sports Organisation© and teaches the use of the Positive Sports Coaching Wheel©, the Positive Athlete Interaction Diamond© and develops strategies for implementation of the Positive Sports Coaching Program. Work is undertaken with both the coaches and athletes including observations of training sessions and team specific game analysis. An in depth and comprehensive training program.

Option D

Complete Organisation Coach Athlete Training – 5 sessions for the coaches, 2 sessions for the athletes plus observation of training plus a session with the Board/leadership team and a session with supporter/parents

Option E

Elite Sports Training programs are available to be tailored to your needs

For further information on Positive Sports Coaching please contact Matthew Scholes on 0412 031 269 or email.

For more information on Positive Sports Coaching contact Matthew Scholes
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