



## COACH WELL-BEING WORKSHOP

There is no doubt we are in extraordinary times. We are in transition, and it feels messy. The pressure and demands in sport are immense and expanding. Coaches are being asked to do more than ever before, expected to know it all, handle it all .... in other words, be invincible. And often, they are outside their comfort zone. How are we making sense of all of this? There doesn't seem to be a guidebook to navigating the complexities of the 21st century sporting environment.

There is growing research and attention on how to best support athletes, and rightly so. We know that achieving optimal personal performance for athletes is difficult if their well-being is compromised. As conversations around mental health and well-being in sport become more prevalent, it's important to expand the discussion to focus not just on athletes but coaches too. An athlete-centred system is nothing without a coach-centred system. How can coaches achieve personal optimal performance and show up for their athletes and colleagues in a powerful and resourceful way if their own well-being is compromised? The sporting environment has not done enough to acknowledge and resource coaches such that they are able to tap into their internal assets, recover and meet the demands in a healthy and whole way.

We are standing at the precipice of evolution and something new wants to emerge. We need an integrated human-centred experience. Join us as we navigate the concerns of the forgotten frontier....The Coach.

### Join us to:

- Explore the impact of Coach well-being on self, athletes and colleagues, and the links to optimal personal and sport performance
- Examine your needs and the barriers (internal and systemic beliefs) to your well-being
- Learn practical tools to create the ecosystem that will allow you to perform at your best and optimize your role as a Coach

### Dates:

Rhythmic Gymnastics Coaches: September 11, 2023 (12-1:30 pm EDT)

Trampoline + Acro Coaches: September 12, 2023 (12-1:30 pm EDT)

WAG + MAG Coaches: September 13, 2023 (12-1:30 pm EDT)

**Location:** Zoom (link will be emailed September 10)

**Facilitator:** Lauren Brett, PCC - Leadership Coach at Sport Law - Read her bio [here](#)

**To register** click here: <https://forms.office.com/r/CAkani6Ah2>

\*Registration closes Friday September 8 at midnight EDT