



Coach Development workshop

Upcoming psychology workshop for coaches, coaching assistants and Run Leaders

Topic: Creating a Motivational Environment for Athletes

Led by Soul Phoenix, a certified life coach, qualified sports coach and an elite athlete. Soul is an experienced tutor advising on motivation and advises personal trainers on how to facilitate their clients to achieve their objectives. The upcoming LCDP workshop will look at why and how to motivate athletes to promote optimal enjoyment and performance in athletics. In this presentation Soul will:

- * Explain why a motivational environment is important
- * Clearly define the characteristics of a motivational environment
- * Provide a clear framework for creating a motivational environment
- * Answer your motivational questions

Date: Wednesday 9th December

Time: 7-9pm

Venue: City Academy, 299 Bluebell Road, Norwich, NR4 7LP

Open to all Run Leaders, Coaching assistants and qualified coaches. The workshop is free to attend however pre-booking is essential – places will be offered on a first come first served basis so please book early to secure your place!

To book a place, or for further information please contact Tania Spurling (CCSO Norfolk, Suffolk & Oxfordshire)

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England Athletics Local Coach Development Programme
supporting your development as a coach according to your needs

