

Coaching for Character

(in-person 2 hours/online 60 minutes)

Purpose:

To provide coaches the tools to build social emotional skills in young people, starting with optimism, persistence, empathy and the ability to regulate their emotions and behaviors.

Coaches learn to apply a research-based framework developed by Coaching Corps named **POSE** (Persistence, Optimism, Self-Regulation, and Empathy).

Learning Objectives:

- Identify the POSE character attributes in their athletes
- Identify the four POSE Action Steps
- Apply the four POSE Action Steps to develop POSE in their athletes
- Design a practice to develop POSE attributes
- Understand the importance of modeling empathy to their athletes

Agenda:

Introduction to the POSE Character Attributes (Persistence, Optimism, Self-Regulation and Empathy)
(in-person 35 minutes/online 15 minutes)

Demonstration of sports drills fostering POSE
(in-person 20 minutes/online 10 minutes)

Practice applying POSE
(in-person 20 minutes/online 30 minutes)

Designing a POSE Practice
(in-person 15 minutes/online 5 minutes)