



COACHING WITH EMPATHY



COACHING CORPS™

Here at Coaching Corps, we believe that sports programs led by trained, caring coaches have a profound impact on all young people, especially those living in economically oppressed and marginalized communities.

Our new Coaching With Empathy Training is designed to help coaches build healing environments by creating strong connections, listening to athletes, and understanding that the trauma young people experience does not define them.

Training Topics Covered

The Coaching With Empathy Training gives coaches the tools to create meaningful connection where all young people feel **Safe**, **Valued**, **Seen**, and **Heard**. Some topics we'll cover:

- Understanding trauma's impact on young athletes
- The role of empathetic coaches
- How each coach's own experience impacts relationships with athletes
- The "PACT"
- How to apply The "PACT" action steps in realistic scenarios



How To Access

Current coaches and partners can find the Coaching With Empathy Training by clicking on the 'My Trainings' tab found in Coaches Corner and the Partner Portal. New to Coaching Corps? To access trainings as a coach, visit coachingcorps.org/become-a-coach/ and select training hub. Organizations who would like to offer our trainings and coach support free-of-charge are encouraged to Become a Partner at coachingcorps.org/partners/