

# Double-Goal Coach®: Coaching for Winning and Life Lessons



BETTER ATHLETES  
BETTER PEOPLE

The research and experiences of great coaches across the country is clear: Positive is Powerful. In this highly interactive two-hour workshop – sparked by video-based advice from top pro athletes and coaches on PCA's National Advisory Board – attendees explore why and how to pursue both winning and the more important goal of teaching life lessons through sports. Each of your coaches will leave the workshop as a PCA-certified Double-Goal Coach, knowing how to:

- **Fill Emotional Tanks;**
- **Coach for Mastery of Sport (Not Just Scoreboard Results); and**
- **Honor the Game.**

In addition to advice from pro coaches, workshop content comprises:

- **Research-based insights from experts in coaching, education and sports psychology**
- **Hands-on training in field-tested practical, proven tips tools that coaches can implement simply – but with profound results**
- **The application of PCA tools and principles through specific scenarios to equip coaches to handle common challenges in youth sports.**

