

Positive Coaching Alliance

Double Goal Coach : Coaching the Mental Game

**Coaches, you're invited to join
Positive Coaching Alliance and the
Park Ridge Park District
for this informative workshop.**

This two hour interactive workshop teaches coaches of all sports how to build self-confidence under competitive pressure!

We encourage participants to pre-register for this free seminar but walk-ins are welcome.

Class: 9907

Date: Thursday, April 30

Time: 7:00pm-9:00pm

Location: South Park, 833 Talcott

Fee: Free

For more information on Positive Coaching Alliance visit
www.positivecoach.org
or www.prparks.org
847-692-5127

PARK RIDGE
PARK DISTRICT

TOPICS DISCUSSED

- **Off field tools to prepare for competition**
- **On field tools to use in the heat of competition to remain focus**
- **“The High Road Framework” for helping athletes view pressure as a privilege**

