

SPORT PSYCHOLOGY FOR COACHES

7-week course

This course will give you the tools to integrate sport psychology into your coaching. We will explore key techniques for your athletes, increase the impact of your training, enhance your coach-athlete relationships, and discover how you can empower your athletes to develop their mindset and enhance their performance.

Sessions:

Introduction to Sport Psychology
Deliberate Practice
Mental Skills Training
Smarter Thinking pt. 1
Smarter Thinking pt. 2
The Coach-Athlete Relationship pt. 1
The Coach-Athlete Relationship pt. 2

Delivered by:

Chartered Sport & Exercise
Psychologist Erin Prior

Delivery:

Online 7 x 90-min sessions

Register your Interest Here:

EPSportPsychology@gmail.com

£450

per person



SPORTS PSYCHOLOGY