



Introduction to High Performance Coaching & Leadership

Course Overview

This course is designed to train the most driven and hungry coaches/instructors in tools and strategies that will help them to plan more efficient practices, produce athletes with higher mistake response ability, and have more elite performance outcomes for the individuals/teams that they work with. Participants will participate in lectures, small group work, and role play exercises that allow them to build understanding and practical skills needed to improve performance of their athletes. At the end of this course, participants will be prepared to move on to the second phase (***Advanced High Performance Coaching & Leadership***), on their way to a certification in High Performance Coaching and Leadership.

Primary Learning Outcomes

By the completion of this eight hour course, participants will be trained in the ability to:

- Understand and apply cutting edge concepts for building maximum skill acquisition during training.
- Understand and apply cutting edge concepts in order to aide with injury prevention and peak performance.
- Implement proper practice planning techniques in order to yield best performance and aide with injury prevention.
- Understand the different feedback and intervention scenarios and how to apply the various feedback tools to them.
- Define, describe and implement different mental performance tools to bring out the best in their athletes in and out of competition.
- Examine, debate and appraise the coaching role and its nature, purposes, and inherent responsibilities.
- Construct and explain their personal philosophy of coaching.

Who Should Take This Course

- Coaches/Instructors who want professional development to supplement and enhance their coaching certifications.
- Motivated professionals who want to be on the edge where the newest research and information is being applied to proven strategies and techniques.
- Anybody who feels as though they want more, and that what they are doing now can get better.

More Course Information

Cost: \$200+GST/person (group rates available)

Length: 8 Hours

Format: 3 Hours Learning, 4 Hours Applying, 1 Hour Independent Reflection.

Pre-Requisites: None

Limit of 25 participants.

Certificate Provided Upon Completion.

For more information on hosting or attending a course, please contact Boost Institute at ken@boostinstitute.ca