



# COACHING EDUCATION

NEWSLETTER

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March 2019



## WE WANT TO HEAR FROM YOU!

Every month we will be asking one question to understand and better cater to you. Click below to give us some feedback in just a few seconds!

**What is Your**



**PROFESSIONAL KNOWLEDGE TO SHARPEN YOUR SAW**



## How the USTA, Team Sky, and Cirque du Soleil Are Making the Most of their Recovery Protocols

What does tennis, cycling, and the circus all have in common? They each have athletes that have to perform with peak readiness, and they each understand it is a critical component of programming. Check out this article for tips from three elite high performance environments to help your athletes recover.

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## INTERPERSONAL & INTRAPERSONAL KNOWLEDGE

**Intrapersonal**  
Know yourself and how to sustain improvement efforts

**Interpersonal**  
Know how to relate to and lead others



## Recharge and Become a Better Coach Through Writing

By: Dr. Wade Gilbert

Dr. Wade Gilbert, from HK's Coach Doc Connection, highlights how the act of writing can help coaches reflect on and enhance their learning. Click below to read more.

[Read More](#)

## Our Children Become the Messages They Hear

By: John O'Sullivan

Whether an athlete is standing on the blocks before a race or stepping up to take a penalty kick, each of them have a voice in their head. Who determines what that voice is saying? Click below to find out.

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## CONTINUOUS IMPROVEMENT OPPORTUNITIES



**Finding Your Best By Compete to Create**

In this 8-week digital course, you'll learn mindset skills that help push the boundaries of human performance. Filled with scientifically-tested principles, exclusive content from Psychologist Dr. Mike Gervais and Coach Pete Carroll, and personalized feedback from our world class performance coaches. If you want to build a life of meaning and purpose, and help others push the limits, we've got you.

The deadline for applications for the March 18 cohort is midnight PST on March 10, 2019.  
A new cohort begins every 4 weeks.

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**ADM/LTAD  
Webinar feat. Matt  
Young: How to  
Create a Positive  
Culture**

**By: Peter Verdin  
Scheduled for  
3/13/2019**

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