

COACHING PHILOSOPHY

The Importance of Why and How You Coach



This session will investigate significant characteristics leading to great coaching as well as learning more about yourself and your athletes. Participants will have an opportunity to build on their philosophy to help align their own practice with the goal of having more success. The session will be information based as well as activity based. This session will be presented by Gord Sturrock, *Sport Science Dept., Douglas College*

- Tuesday, November 12th, 2019 from 3:15pm – 4:45pm
- Learning Services - 49520 Prairie Central Road

Register on Perfect Mind