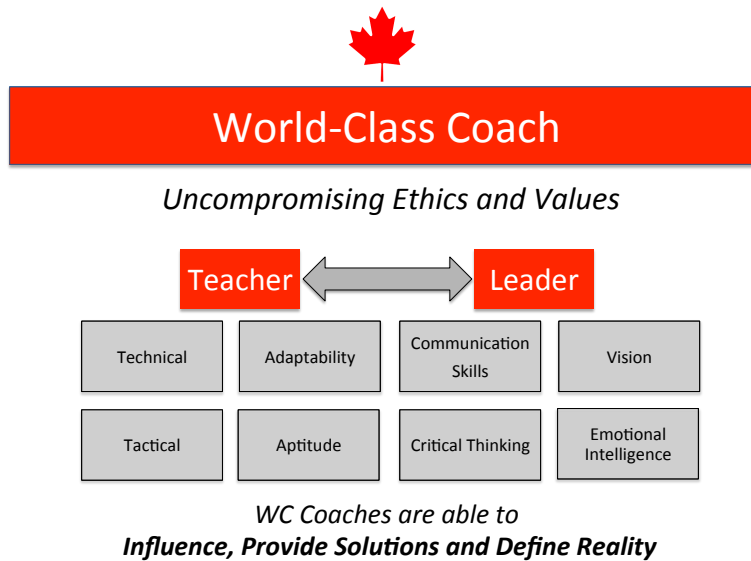


Performance Workshops

Performance Workshops are a development initiative in the Coaching Enhancement Program (CEP) for Canadian coaches who are coaching athletes who are 0-8 years away from podium success and may eventually qualify for the Canada Coach program. Two workshops are offered per year, with coaches from Canada’s leading sports coming together to connect with a network required to compete with the best programs in the world.

Overview – A workshop based coaching development program that is focused on developing competencies that are at the core of Canada's World Class Coaching Framework (WCCF). Workshop content will be based on aggregate assessment feedback and adjusted on an annual basis. This program will be run in partnership with the Canadian Olympic and Paralympic Sport Institute (COPSI) Network.



Workshop Structure – Annually, two workshops will be developed and delivered across the COPSI Network. The workshops will be offered three times at varying locations so that coaches have the opportunity to fit workshops into their annual calendar.

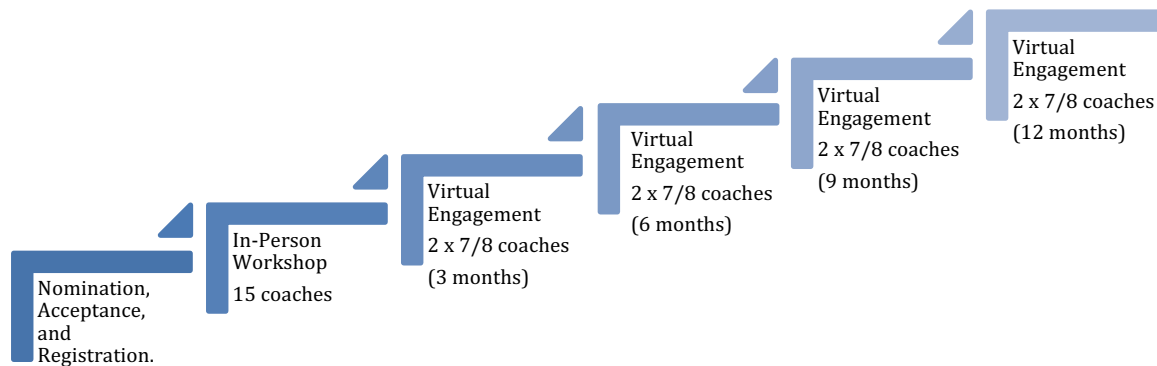
Eligible Coaches – Coaches who are working with athletes who are 0-8 years away from podium success. This can include NextGen (NG) and development pathway coaches. Priority will be given to senior coaches from Summer Core sports and Winter Category 1&2 sports who coach podium potential athletes.

Program Costs – The cost of all programming, travel, meals and accommodation is borne by the CEP, from the start of workshop day 1 (9am) to the end of workshop on day 2 (3pm). Additional transportation or accommodation costs will be the responsibility of the individual coach or NSO/PSO.

Journey and Commitment

Program Structure – Each cohort will be limited to 15 coaches. Coaches will participate in one in-person, two-day workshop followed by four virtual follow-up engagements, hosted in an online platform three, six, nine and twelve-months after the completion of the workshop. Participating coaches will be divided into two subgroups of seven or eight and the specific dates and times will be determined by each subgroup.

The following timeline shall be followed for each Performance Workshop.



In-Person Workshop Outline – The following is a sample workshop agenda. Coaches must arrive by 9am on the start of Day 1 and depart by 3pm at the end of day 2. Accommodations will be provided and mandatory for one night, to ensure all coaches can take part in the evening content.

Workshop Content

Content – Module content is based on foundational coaching and leadership principles as well as feedback from the CEP leadership assessment of senior and NG coaches across summer and winter sports. The combination of establishing common content for all coaches and customizing for each cohort of 15 provides a powerful balance between common and individual requirements.

2018 Workshop A

The Emotionally Intelligent Coach: Understanding and expanding the mindset you bring to your training environment

Facilitator: Judy Riege

Are you a GREAT coach? Do you (really) know how you SHOW UP every day to make what you want happen for yourself and your athletes? Do you know what you need to DO?

Emotional Intelligence the strongest predictor of individual and team performance both on and off the field of play. Emotional Intelligence (EQ) is about actively knowing, understanding and responding to emotion and stress in the moment and being aware of how your words, actions and decisions impact and affect others. Emotional Intelligence (EQ) is the foundation for the skills you are striving to grow: mental toughness, ability to bounce back from setbacks, creating accountability, managing conflict with clarity and honesty, strong decision making, savvy communication and ability to manage the anger and disappointments. Stronger EQ = Stronger Relationships = Better Results.

In this workshop, you will build self-awareness and understanding of your EQ in action, both in training and competition. You will leave understanding what EQ is and why it matters to your effectiveness as a coach and leader of the daily training environment. Most important, you will leave with new ideas, practices and a toolkit of “how to” habits and skills that will improve your ability to set direction, manage conflict and change, grow trust, communicate better and take you and your athletes to new levels of performance.

About Judy Riege

Judy Riege works in leadership training, executive and team coaching across many industries, including sport. Her 25 years of leadership experience and expertise allows her to expand and disrupt the habits and practices that allow coaches to get stuck in the weeds, ignore the real change required and stay married to “the way I have always done it”.

Judy levers current research from the field of neuroscience to help coaches and organizations understand the new science of leadership success: it’s all about CONNECTION! Her workshops and keynotes are fun, engaging, interactive and expand your capacity to lead, learn and create excellence in yourself and others. She is on a mission to develop emotionally intelligent leaders in all arenas – sport, community, schools and business - who facilitate the creation of smart, healthy organizations to allow all its members to reach their full potential – today and tomorrow. She will invite you to think bigger, act bolder and bust through your real or imagined “walls” to reach the results you want. Your leadership is a mindset – how are you training yours?!

2018 Workshop B

Resiliency and The Working Mind (TWM) In Partnership with: Mental Health Commission of Canada

Do you know what it takes to build resiliency? Do you prepare yourself to perform the same way you prepare your athletes? How do you know that YOU are mentally ready to compete?

The role of a high performance coach puts significant demands on one's personal and private life. The long and irregular working hours and extensive travel have an impact unlike other careers, demanding individual-oriented approaches and strategies to improve stress resistance and help tolerate strains, including time management skills, relaxation, conflict management, and coping strategies.

The Working Mind (TWM) Mental Health and Wellness is an education-based program designed to address and promote mental health and wellbeing, while reducing the stigma of mental illness.

Goals

- To support the mental health and wellbeing of yourself, your athletes, and your team.
- To enable the full productivity of your team.
- To create a supportive environment which encourages people to seek help without fear of being discriminated against.
- To encourage people to seek help for mental health problems and wellness.

Central Components

- The Mental Health Continuum Model categorizes one's mental health within a continuum: green (healthy), yellow (reacting), orange (injured), and red (ill).
- The "Big 4" — a set of cognitive behavioural therapy-based techniques that help individuals cope with stress and improve their mental health and resiliency.
- Scenario-based practical applications and custom videos of people with lived experience of mental illness.

Course formats

- A focus on dispelling the myths of mental health and reducing associated stigma;
- Self-assessment of one's own mental health along the continuum;
- Strategies one can apply at each point along the continuum;
- Accommodations and return to work;
- How to observe changes in others along the continuum and appropriate actions to take;
- How to communicate with others about mental health illness.

About the Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Each of its initiatives and projects is led by experts from across the country who bring a variety of perspectives and experience to the table.

Workshop Schedule

The following will be updated regularly as specific dates and workshop topics become available. All workshops take place at the COPSI Network, unless otherwise stated.

2018 Workshop A – The Emotionally Intelligent Coach

- Workshop A1: Emotional Intelligence. February 26-27, 2018 – Calgary, Alberta
- Workshop A2: Emotional Intelligence. May 31 – June 1, 2018 – Victoria, BC
- Workshop A3: Emotional Intelligence. October 16-17, 2018 – Halifax, Nova Scotia

2018 Workshop B – Resiliency and The Working Mind (TWM)

- Workshop B1: Resiliency and TMW. April 4-5, 2018 – Vancouver, BC
- Workshop B2: Resiliency and TMW. July 10-11, 2018 – Toronto, Ontario
- Workshop B3: Resiliency and TMW. November 6-7, 2018 – Ottawa, Ontario

Next Steps

If you have an eligible NextGen or pathway coach working with athletes 0-8 years away from podium success:



To nominate a coach, please complete the form below. Upon acceptance, the coach will be sent a registration form and workshop details.

<https://forms.office.com/Pages/ResponsePage.aspx?id=JgtDnZAhtUKQaROvtQP7Z4Yv-iO6KcpNgG5CU5oeSkhURVM2RVlJOVgzUzhYtlpSUjdEMFVUMkM1NS4u>

For more information, please contact:
 Laura Watson, OTP High Performance Coaching Advisor
Laura.Watson@ownthepodium.org or 604-789-5305 (cell)