



SYDNEY: 2009 Workshops specifically for Sports Coaches

Last year, nearly all of the workshops sold out and in 2009 we have expanded our workshop topics and repeated the most popular ones. We are committed to developing coaches. This is what others have previously said about our workshops:

"The best knowledge gained in a workshop for a long time. This answers a lot of questions about how athletes' behaviours affect their training and results" Chris Wood, North Burleigh S.L.S.C.

"Very critical in being a better coach, leader and person" Brett Gordon, Coolum Beach AFL Club

"Well presented, not like any other sporting workshop I have been to before" Robert Taylor, United Soccer Club

"I found the workshops a valuable tool in my development as a coach" Jenny Capper, Level 3 Coach - MRC

In a recent survey of sports coaches (EOA Conference 2008), the top three challenges for coaches are:

1. 50% rated **"Understanding individual athlete's personality and how to best motivate them"**
2. 46% rated **"Personal life balance - managing sport, career, home and social etc"**
3. 31% rated **"Team/squad dynamics and managing relationships within the team/squad"**

The workshops directly address these critical challenges for coaches.

Who: *Specifically for sports coaches.* While all levels of coaches are invited to attend, these workshops are ideally suited to those wanting to develop their skills in the mental, communication and relationship aspects of improving sports performance.

Why: *Physical training has a limit.* To help your athletes improve, effective coaches must be able to tailor their coaching style to suit the individual communication, motivation and behavioural style of their athletes.

What - workshop topics and overviews:

Workshop 1: "BRINGING OUT THE BEST IN YOUR ATHLETES"

24 MAR 09

You will gain an understanding of the role personality plays in sport and how to be most effective as a coach. With this increased awareness of your and your athletes' behaviours, you will be able to communicate and motivate more effectively, understand what is positively contributing to performance, identify what is limiting performance and know how to address these areas.

Workshop 2: "COACHING STYLES TO MAXIMISE ATHLETE IMPROVEMENT"

21 APR 09

This workshop is an in-depth study of coaching styles and learning to adapt your style to suit the needs of the situation and the diverse group of athletes you coach. We will discover unique behaviours and strategies that apply to each coaching style. This is a practical, how-to workshop where you will leave with new strategies and coaching skills to start applying the very next day.

Workshop 3: "THE PERFORMANCE TRIAD - HOW TO HELP YOUR ATHLETES CREATE PERFORMANCE BREAKTHROUGHS"

13 MAY 09

This workshop will showcase the Performance Triad which when applied can be used to improve any athletic performance. The Triad examines the relationship between an individual's thoughts, feelings and physicality. Coaches will learn how these three elements are inter-related and how they all massively impact sports performance.

INCLUDED FREE: *All new workshop participants will also receive an Athlete Assessments Profile - to be used by the participant to better understand their own sporting behavioural profile and coaching style. This is a personalised report for each participant. (Valued at \$79.95)*

Where: **Sydney:** Balmain Tigers Leagues Club, 138-152 Victoria Road, Rozelle

When: **Arrive from 6:00pm for a 6:30pm start. Each workshop runs from 6:30pm to 9:30pm.**

Early Bird Special - register and pay 30 days prior to the event and pay only \$89.95 pp per workshop (inc GST)

Includes attendance, all workshop materials and catering. **Regular price is \$99.95 pp per workshop** (inc GST)

See the registration form for extra value options for attending 2 or more workshops.

Workshop Facilitator - Bo Hanson: *4-time Olympian | 3-time Olympic Medallist | Specialist Coaching Consultant*

Bo Hanson is a specialist coaching consultant and the developer of Athlete Assessments. He has spent over 15 years as an elite athlete, is a 4-time Olympian and has also been working in the corporate world to improve team performances for the past decade. Utilising his learning experiences from four Olympic campaigns as well as formal university and training & development qualifications, Bo developed Athlete Assessments. In so doing, he created the first online sport specific behavioural profiling tool of its kind. In the corporate world, Bo has been presenting to some of the largest companies such as American Express, Bain Consulting, CBA, Telstra and many others. His expertise is leadership development, coaching and all aspects of teamwork, such as goal setting, team attitudes, motivation and communication.

For more information, email coach@athleteassessments.com or call Liz on 07 3102 5333 or 0412 424 727.

We also run workshops on the Sunshine Coast, Gold Coast, Brisbane, Townsville, Cairns and Melbourne.

SYDNEY REGISTRATION FORM

2009 Development Workshops specifically for Sports Coaches

To secure your place now, complete and **Fax to (07) 5451 1049**
or **Email** your details to coach@athleteassessments.com*

Please
Tick

- Sydney** Tuesday 24 March 2009: "**Bringing Out the Best in Your Athletes**"
(6pm for 6:30pm-9:30pm: Venue Balmain Tigers Leagues Club, 138-152 Victoria Road, Rozelle)
- Sydney** Tuesday 21 April 2009: "**Coaching Styles to Maximise Athlete Improvement**"
(6pm for 6:30pm-9:30pm: Venue Balmain Tigers Leagues Club, 138-152 Victoria Road, Rozelle)
- Sydney** Wednesday 13 May 09: "**The Performance Triad - Help your Athletes Create Performance Breakthroughs**"
(6pm for 6:30pm-9:30pm: Venue Balmain Tigers Leagues Club, 138-152 Victoria Road, Rozelle)

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Name: _____

Email: _____@_____._____ (required)

Position (related to sports coaching): _____

Organisation/Club: _____

Address: _____

State: _____ Postcode: _____

Most contactable Phone: _____ **Alternate Phone:** _____ **Fax:** _____

How did you hear about this: _____

Level of athletes: (please circle) High School, University, Elite, Professional, Masters, Club, Social

Do you coach athletes who are: (please circle) male, female or both **Sport(s):** _____

What is of most interest to you about this workshop? _____

Is there a specific question you'd like to ask the facilitator? _____

Any additional comments: _____

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EXTRA VALUE PACKS (register and pay 30 days prior to first workshop you attend):

Attend **3 workshops for only \$249.95 pp** and bring a friend for free to one of the workshops (**save \$150**)
or Attend **2 workshops for only \$169.95 pp** (save \$30) (Tickets are transferrable with prior notice)
AND get the Athlete Assessments Profile included Free (Valued at \$79.95)

Choose one of three Payment Options: **1. Credit Card** **2. Direct Bank Deposit** **3. Cheque Payment**

1: Visa or MasterCard: Card Number:

Name: _____ Expiry Date: ___/___/___ Signature: _____

2: Direct Bank Deposit to Business Opportunity Group Pty Ltd Bank: NAB BSB: 084801 Account: 810429351
Date of deposit: _____ Please ensure that the deposit is clearly described with your name.

3: Cheque payment: make payable to Business Opportunity Group Pty Ltd and send to the below address.

* If registering via email, please do not include your credit card details within the email - when we receive your email, we will call you to process the payment by phone. If fax or email is inconvenient for you, please call 07 3102 5333 or 0412 424 727 or post to **Athlete Assessments, 202 The Duporth Riverside, 6 Wharf Street, Maroochydore 4558.**