

Workshops for Coaches, Athletes, Parents, Schools and Workplaces

Positive Sports Coaching is an innovative evidenced based way of coaching teams and individuals built around the science of positive psychology. The program is built around the science of optimism, positive feedback and process praise and has the dual aims of: 1) Improving performance and 2) Promoting wellbeing. Teams and Individuals coached using a positive psychology approach will perform better, exhibit greater resilience and optimism which will result in improved sporting performance under pressure as well as better mental wellbeing.

Matthew offers face to face and Zoom workshops for Coaches, Athletes, Parents Schools and other Organisations. He presents to International, National, State Associations, Local Clubs, Professional Sports Organisations, Schools and Businesses.

Topics include:

- Positive Psychology and Sports Coaching
- Wellbeing, Resilience & High Performance
- Creating a High Performance Mindset
- Helping your Children, Win, Lose and Thrive
- How you can Lead Better, Feel Better and Perform Better
- Helping Your Students Build Resilience & Optimism through Sport

Although all workshops are delivered through the lens of sport the content would also be beneficial and applicable in the school or workplace context. The workshops will provide an overview of positive psychology research and give participants an understanding of key elements of the field such as Negativity Bias, Amygdala Hijack, Optimism and Flow. The workshop will provide participants with an understanding of how positive psychology principles can be applied in a sport, school or workplace setting to help improve the wellbeing and performance of all involved. There will be a focus on becoming more strengths focused to help build resilience and optimism in your team.

Examples of organisations who have undertaken PSC Workshops include:

Oceania National Olympic Committees	St Peter's College, Adelaide	Singapore Gymnastics
Australian Sports Commission	Christ's College, Canterbury, NZ	Softball Australia
Melbourne Storm	Ravenswood College NSW	Gymnastics Victoria
Adelaide Crows	Christchurch Grammar, WA	AFL Victoria
Australian University Sport	Bunbury Cathedral Grammar School, WA	Cricket Victoria
Melbourne University Sport	Ascham School, NSW	Diving Victoria
Converse Australia	Kincoppal-Rose Bay School, NSW	Volleyball Victoria
		Calisthenics Victoria

For further information on PSC Workshops, please contact Matthew Scholes on:

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