



HEADSTARTPRO™

1-Day Coaching Workshop

Helping coaches & athletes achieve peak performances more reliably.

Workshop Facilitator: Mike Shaw & Cameron Smith

Dates: September 22nd (time TBA)

Location: Vancouver, BC (location TBA)

What to Expect:

HeadStartPro blends performance-enhancing sports psychology with proven injury-prevention techniques. Our coaching workshops and athlete resources give teams the tools to improve focus, awareness, and mindfulness.

In the HeadStartPro 1-Day Coaching Workshop, you will learn the concepts, techniques, and tools needed to give your team a competitive edge. Pairing performance enhancement and injury prevention training isn't on most coaches' radar. However, by appealing to performance as a motivator to achieve behavioral change, HeadStartPro achieves significant results for injury reduction; all while improving the way athletes play.

Recognizing and understanding why athletes make mistakes is the first step. Then learning how to avoid the critical errors athletes make by applying practical coaching tools takes your teams' good performances and turns them into great ones.

The Coaching Association of Canada recognizes HeadStartPro. You will receive three professional development credits on your Coach.ca Locker transcript using the self-report function.

What to bring:

- Pen and notepad or notebook
- Water and snacks
- Laptop or tablet (optional)

Please be prepared for four hours of classroom time plus breaks. Please arrive a few minutes early so that we can start on time.

Questions:

If you have any questions, please contact Cameron Smith at cam.s@headstartpro.com



Workshop Agenda (time TBA)

HeadStartPro Overview

- The state-to-error pattern
- Your personal risk pyramid
- The three sources of unexpected events
- The Critical Error Reduction Techniques (CERTs)

Break

Enhancing Performance with the Critical Error Reduction Techniques

- Static performance errors
- Dynamic performance errors
- Using the CERTs to enhance performance
- Introduction to the HeadStartPro coaching tools

Break

HeadStartPro Coaching Tools

- Practicing the CERTs with your team
- Sharing Head Start Stories Tool
- The Anticipating Error Tool
- The Rate Your State Tool
- Pre-Performance Routines: using checklists, double-check, & failsafe strategies
- Implementation: team analysis & team training plan
- Wrap Up: open discussion & recording HeadStartPro on your Coach.ca Locker transcript