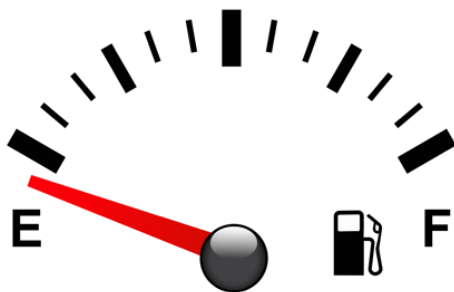


# Greenwich Parks and Recreation Presents

## PARENT & COACH WORKSHOP

### “POSITIVE MOTIVATION: Getting the Best From Athletes”

This interactive workshop provides deeper exploration of “Filling Emotional Tanks”, including discussion of research that demonstrates how positive coaching improves performance and open-ness to life lessons.



*“Each person has an “Emotional Tank” like the gas tank in a car. If your gas tank is empty, you are not going to go very far no matter how wonderful your car is....*

*Coaches who yell and demean players drain their Emotional Tanks. ... When emotional tanks are full, players are more coachable, they tend to be optimistic, and they deal better with adversity.”*

Taken from the Power of Double-Goal Coaching book  
from PCA

Executive Director, Jim Thompson.

All attendees will have an opportunity to win an autographed book by Women’s Soccer Olympic Gold Medalist, Brandi Chastain.



**BETTER ATHLETES  
BETTER PEOPLE**

**DATE:**

Tuesday, April 18, 2017

**TIME:**

7:00 – 9:00 PM

**LOCATION:**

Eastern Greenwich Civic Center  
90 Harding Rd, Old Greenwich

**CONTACT:**

Greenwich Parks & Recreation:  
Sue Snyder [ssnyder@greenwichct.org](mailto:ssnyder@greenwichct.org)

**FEE:** Free



Any parent of a child participating in sports or someone coaching a youth sports program, whether for Greenwich Parks and Recreation or another organization, is welcome to attend. There is no fee for the workshop. We simply need you to contact us ahead of time to let us know you are coming.