

Constructive & Productive: Coach and Parent Workshop

Helping coaches and parents be the best that they can be



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Jamie is a sport psychology consultant and Assistant Professor in North Carolina. She has worked with teams, athletes, coaches and parents across the country.



Additional Services/workshops:

Individual sessions

Team sessions

Leadership building

Avoiding Regret

Purpose: Provide specific techniques and valuable information to coaches and parents to help them better help their children and athletes.

Focus: There are many successful coaches and many experienced parents out there who know what it takes to be great in any given field. There are many motivated parents and coaches who only want the best for their athletes and children. Unfortunately sometimes the desire to help leads to behaviors and messages that negatively impact the enjoyment and dedication of the athletes themselves. The current workshops are conducted separately. One workshop focuses on coaches, highlighting issues related to athlete commitment, confidence, character, toughness and enjoyment of sport. The other workshop is intended for parents. The focus is on the same issues, but the strategies are directed toward parents specifically. As well, each workshop provides insights for participants in dealing with others (i.e. parents, coaches and athletes respectively).

Benefits:

For Parents: Parents spend hours trying to soothe, comfort and motivate their children during an athletic season. They hear about teammate, coach and referee issues constantly. They are often the sounding board for frustrated athletes, yet they do not always know what to say. The workshops will cover specific scenarios and provide strategies and techniques for handling such issues more effectively.

For Coaches: Coaches have the difficult task of trying to win while keeping everyone happy and motivated. They are asked to wear several hats, including teacher, friend and parent. They are faced with numerous issues daily and like parents, they are not always equipped with the answers or techniques to help all those involved. The current workshop will provide “take home” information and responses to help coaches better handle all types of athletes, while promoting positive teamwork and a motivational environment.

* On September 25, from 10am-12 noon, there will be a work shop for parents (during a field hockey clinic). For more information and the registration go to: www.fieldhockeygeek.com

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Copy of “It’s a Mental Thing: 5 keys to improving performance & enjoying sport “ free to all participants

