



THE MODERN STRENGTH & CONDITIONING COACH

An all too often overlooked aspect of an athlete's performance is the performance of the coach. Effective coaching requires so much more than scientific knowledge. An effective coach needs a wide range of skills and knowledge that span many domains, and effective performance can only be maximised when all of these elements are addressed. This workshop takes a multi-dimensional approach to understanding what constitutes effective coaching and provides a structure around which a coach can maximise their own, and ultimately their athlete's performance. Coaches attending will achieve a much deeper understanding of the nature of effective coaching and develop the skills and characteristics required to fulfil their coaching potential.