

## EFFECTIVE COMMUNICATION SKILLS FOR SPORTS COACHES

In order to be a successful sports coach, you must have excellent communication skills - otherwise the whole process becomes extremely difficult for coach and athlete.

Coaching is not just about being able to talk to a group; you must be able to engage with players using different coaching styles. This means using verbal, visual and written communication effectively.

If you are serious about bringing the best out of your athletes / players when it really matters this course is a must for you!

### WORKSHOP CONTENTS

- Characteristics of different coaching styles
- Communication skills: Verbal, Visual & Written
- The importance of proactive listening skills
- Awareness of body language (you as a coach / your athletes & players)
- Managing yourself & your athletes / players effectively
- Characteristics for good coaching skills

### WORKSHOP DETAILS

**DATE:** Thursday 15 March 2012

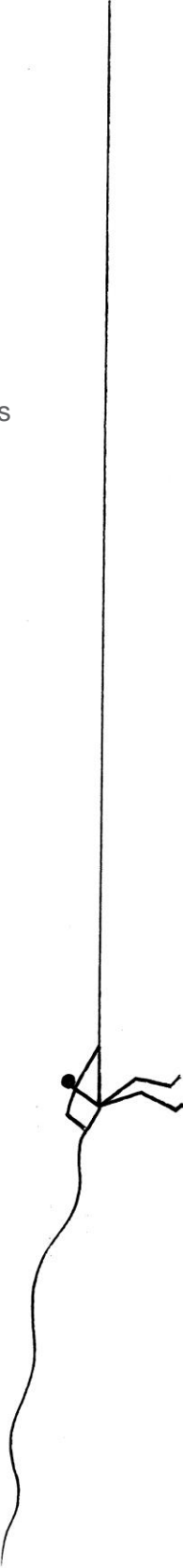
**TIME:** 6.30pm to 9.30pm

**VENUE:** Brooklands Sports Club, Whitehall Road, Sale, Cheshire, M33 3NL

**COST:** Only £25.

### TO BOOK ON TO THIS COURSE

To book on to the course please fill out the application form below and send back to GreaterSport at the address below.



## **EFFECTIVE COMMUNICATION SKILLS FOR SPORTS COACHES BOOKING FORM**

If you would like to book on the above course please complete this booking form and return with a cheque for £25 made payable to GreaterSport, to Viv Elvidge at GreaterSport, The East Manchester Academy, Grey Mare Lane, Manchester, M11 3DS.

**NAME:**

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**ADDRESS:**

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**CONTACT NUMBER:**

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**E-MAIL ADDRESS:**

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**COACHING QUALIFICATION:**

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**Once we have received your form we will e-mail you confirmation.**