

C2L COACH TO LEADER



A comprehensive, individualized leadership program for National Team coaches who want to inspire athletes to give their best performances ever.



Technical expertise is crucial, but what separates truly exceptional coaches from the rest is their leadership.

Through their behaviour, great leaders create environments where commitment and extra effort are the norm - rather than the exception. Coach To Leader (C2L) is a year-long leadership program that will equip you with the tools you need to inspire everyone around you to reach the limits of their potential - and get buy-in from parents, sport

organizations, and others to doing what is necessary. Comprised of three in-person workshops and a constant stream of feedback, support, assessment, and individual coaching, C2L will change the way you think, behave, and communicate as a leader.

You Will Learn:

A core leadership toolkit

- A clear, concise framework for leadership that stimulates high performance in others.
- How to energize people and give clear, precise feedback
- Processes for confronting people who need to change

Your personal leadership tendencies – and how they will help and hurt you

- What you tend to pay attention to, and miss, under pressure
- How you make decisions
- How your tendencies in attentional style will benefit and hinder you – and strategies for building on strengths and shoring up weaknesses

How to access your leadership abilities when the pressure is on

- What the sources of pressure are in your life – both professionally and personally – and your strengths and weaknesses in handling that pressure
- Methods for managing and sustaining energy for optimal performance
- How to access and use mental imagery to enhance resilience
- Skills for maintaining an optimistic and healthy perspective through difficult situations

C2L is a unique experience that draws on the best of sport and business to take your leadership to the next level.

C2L was jointly developed specifically for elite coaches by the Canadian Sport Institute Ontario and Performance Coaching Inc., a leadership development company that was founded by Dr. Peter Jensen and has worked with over 70 Olympic medalists and their coaches across 8 Olympic Games as well as 9 of Canada's 10 most profitable companies. There are three major modules in the C2L program.

COACHING FOR HIGH PERFORMANCE



The program begins with Coaching for High Performance, a highly interactive 2-day workshop focused on a practical leadership model for coaches. In advance of the workshop, you'll complete the Coaching 180° assessment to baseline your leadership capabilities, and then complete it again four months after the session to measure progress.

THE SELF-AWARE LEADER



Your journey continues with Self-Aware Leader, a combination of a self-assessment, 1-to-1 coaching, and a 1-day workshop focused entirely on you: how you pay attention, how you get distracted under pressure, and how your interpersonal style will help or hurt your leadership. You'll emerge with a targeted plan of action to build on strengths and shore up weaknesses.

BUILDING RESILIENCE



Knowledge and skill only matter if you can access them under pressure. Your C2L journey wraps up with Building Resilience, a session focused on your ability to take what you have learned and apply it in a highly pressurized environment. This is Sport Psychology – for coaches.

Why it works: Many programs sit you in a lecture, and then hope that some of it will stick. In C2L you will be continuously pushed to higher levels of awareness through self and peer assessments, provided with new skills and tools, required to make commitments, and then be supported and held accountable for action.



Awareness

Self & Peer Assessments



Skills & Tools

Workshops



Commitment to Action

Action planning



Support & Accountability

1-to-1 Coaching



Meet the coach's coach.

Garry Watanabe is someone who has truly made the journey from 'Coach To Leader'. Garry practiced corporate law for five years before he decided to follow his passion, gaining a Master's degree in Sport Psychology and moving to Southern California, where he coached elite swimmers for 10 years. For the past 10 years, he has worked as a Principal Trainer at Performance Coaching, helping others apply the skills and tools he's learned in the business and elite sport worlds to achieve success.

Your year in C2L: Periodized to work with your training calendar.

**COACHING FOR
HIGH PERFORMANCE** 

**THE
SELF-AWARE
LEADER** 

**BUILDING
RESILIENCE** 

2-day in-person
workshop

1-day in-person
workshop

2-day in-person
workshop

The C2L program has been specifically designed for summer sport coaches – aligning the in-person workshops with lighter periods in your training calendar, and ensuring that the assessments, coaching, and support between workshops are aligned to the moments in which you have the time – and mental space – to learn and develop.

To Register, Contact:

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The Canadian Sport Institute Ontario (CSIO) is a member of a network of Canadian Sport Institutes across the country designed to enhance the daily training environment of Canada's high performance athletes and coaches. The CSIO is committed to the pursuit of excellence by providing world-class programs, services, and leadership to high performance athletes and coaches to enhance their ability to achieve international podium performances. www.csiontario.ca

Performance Coaching Inc. focuses relentlessly on enabling exceptional performance under pressure.

We approach performance under pressure from two sides: self-management skills and tools for individuals to improve their ability to perform under pressure, and skills and tools for coaches and manager-coaches to support others in achieving ever higher levels of performance under pressure.

We operate in two arenas: elite sport and business. Our founder, Dr. Peter Jensen, is one of the world's pre-eminent Sport Psychologists and all of our full-time trainers work in business and prepare elite athletes for competition. What we learn in the sports 'laboratory' is constantly applied to our work in business, and vice versa.

www.performancecoaching.ca

FOR MORE INFORMATION

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