

# The Power Of Transformational Coaching

*Eric Eisendrath, Positive Coaching Alliance  
Lead Trainer*



# Today's Webinar Format

- Time: 45 minutes with time for Q&A
- Questions? Send them via the “Question/Answer” section on the right-hand side of your screen, we'll take them at the end of the presentation





# Empowering Coaches

- Double-Goal Coaches®
- Life Lessons
- Peak Performance



# PCA is a non-profit organization with an expanding impact on youth sports



Hawaii



# Your Coaching Legacy



“When the book of your life is written...

...will it say that you made a difference?”

-- Herm Edwards, PCA  
National Advisory Board



# Impact of Youth Sports Coaches

Who was the most influential coach in your life?



How do you want to be remembered?



# REFLECTION

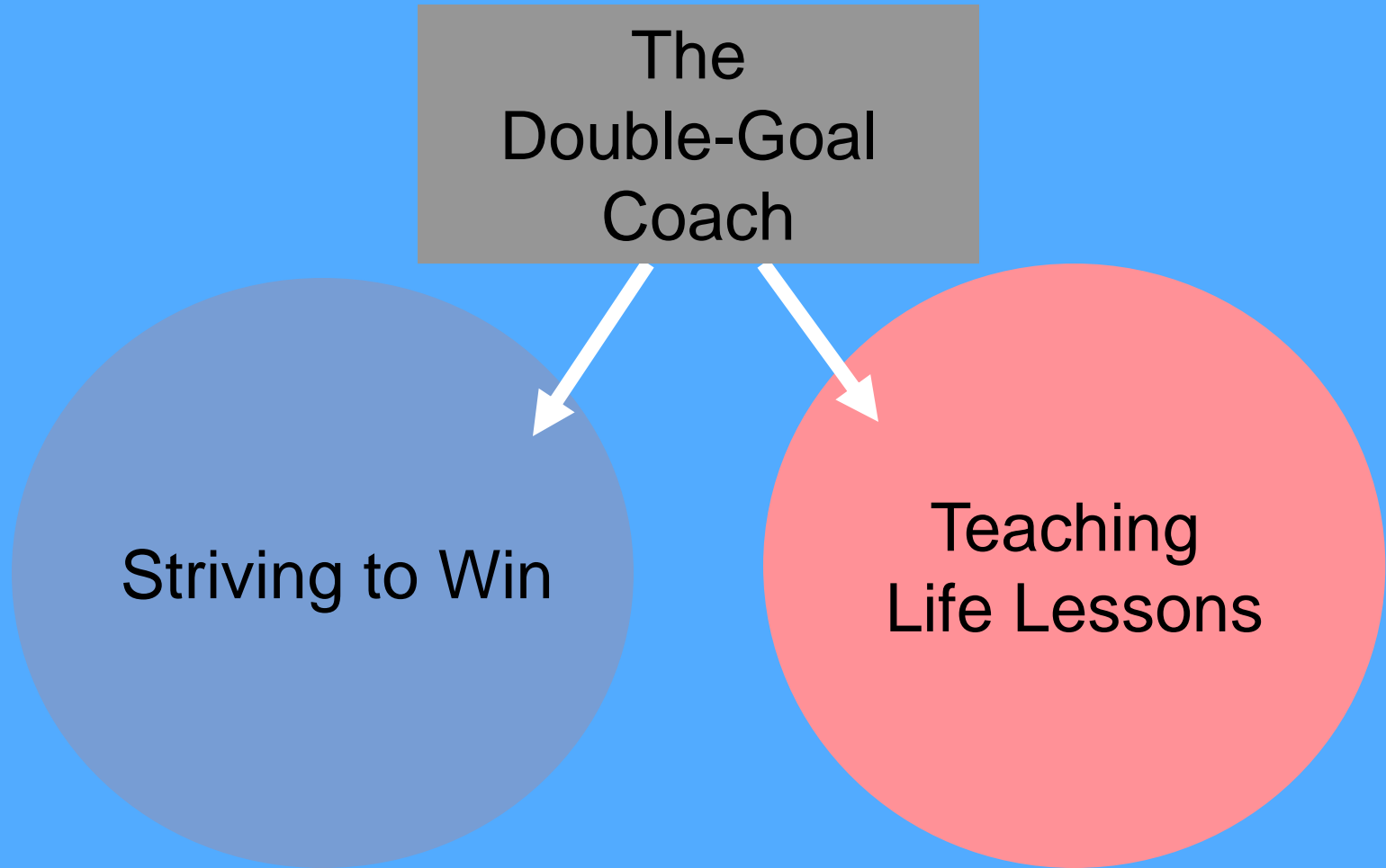
How would you identify yourself as a coach?



Are you a “Transformational”  
Or “Transactional” Coach?



# PCA's Model of Coaching





# PRINCIPLES

1. ELM Tree of Mastery
2. Filling The Emotional Tank
3. Honoring The Game





# The ELM Tree of Mastery

## Scoreboard Definition

Results

Comparison with others

Mistakes not OK

## Mastery Definition

Effort

Learning

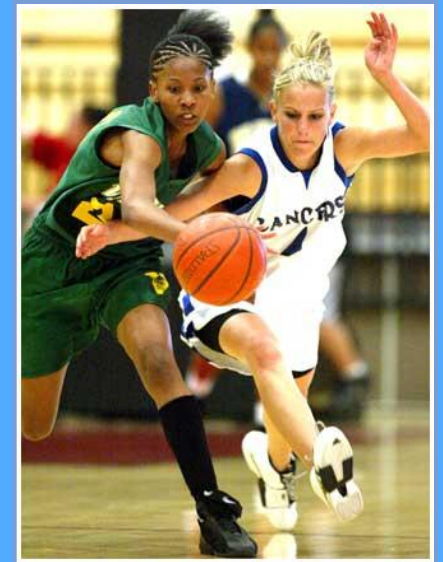
Mistakes are OK

Research shows:

Mastery Climate

= Anxiety goes down

= Self-confidence goes up



Research: Robert Roeser, Stanford University

# Principle #2: Filling the Emotional Tank



- Pessimistic
- Give up more easily
- Less coachable

- Optimistic
- Deal better with adversity
- More coachable



What drains the tank?

What fills the tank?



- Criticism
- Sarcasm
- Ignoring
- Nonverbals



- Truthful, specific praise
- Expressing appreciation
  - Listening
  - Nonverbals

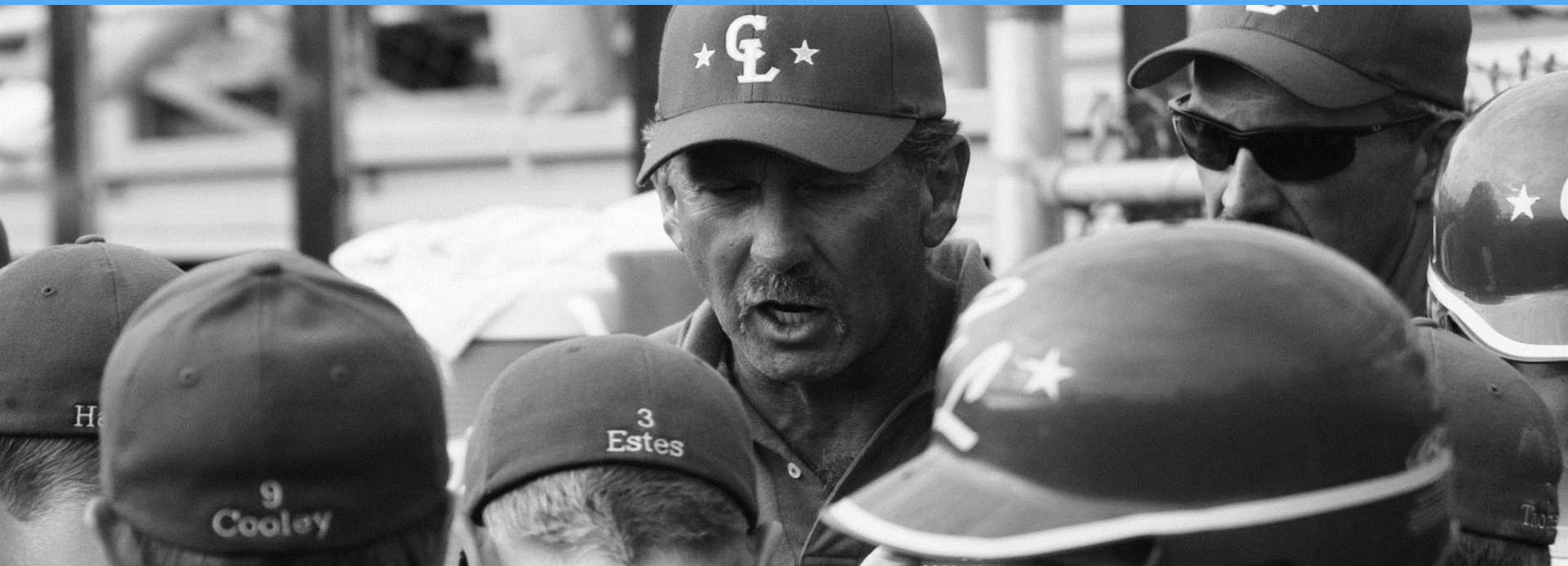


# E-Tank Toolkit

“Magic Ratio”

5 : 1

(positives to criticisms)



# Principle #3: Honoring the Game



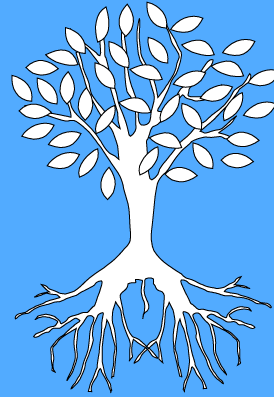
ROOTS

# ROOTS

Rules



Opponents



Teammates



Self



Officials



# The Importance of Culture Creation

CULTURE =  
The way WE do things HERE



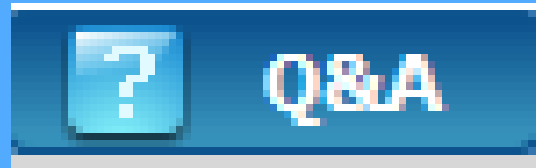


# REFLECTION

- 1) What is your intent as a coach?
- 2) How would you define a “successful season?”



Thank you for your time  
and commitment!



Please submit questions in the “Q&A” section of your toolbar, on the top right of your screen.

For more information, visit:  
<http://www.positivecoach.org/>

# Thank you for attending!

For information about online registration and league management software, please contact us at [ActiveSports@ActiveNetwork.com](mailto:ActiveSports@ActiveNetwork.com)