

Positive Coaching Alliance Online Programming Effectiveness

Coaches are invited to complete a survey six weeks after taking PCA's online workshops to share their use of PCA tools and the impact of the workshops. Coaches report the impacts of PCA workshops in multiple areas:



Coaches' ability to support life skills development & social emotional learning

- 82%** are better able to help athletes develop a growth mindset
- 79%** are better able to help athletes bounce back quickly from mistakes
- 79%** are better able to develop teamwork
- 81%** do more to help athletes develop resilience
- 78%** are increasing their focus on teaching life lessons through sports



Sports as fun

- 78%** say their athletes' experiences have improved because of PCA tools
- 76%** say their team's environment is more positive
- 74%** say their organization's environment is more positive



Parent-coach relationships

- 74%** have more constructive conversations with parents



Coach and athlete turnover

- 61%** report that they are likely to continue coaching for longer
- 75%** expect to see greater retention of their athletes on their teams



Usefulness of PCA tools

- Over 95%** report using PCA tools after the workshop
- 90%** believe PCA tools help make them better coaches

**POSITIVE
COACHING
ALLIANCE**

Results are based on 428 responses to surveys administered to coaches six weeks after PCA online workshop participation between February 2019 and March 2020.