

COMPASSIONATE COMMUNICATION IN LEADERSHIP

Coaches Professional Development (CUE Credit)

Compassion Is The Unfailing Strategy Of Great Coaches

The Oklahoma Coaches Association proudly highlights the essence of compassionate communication in highlevel leadership for COACHES:

- **TALKS SAVE LIVES:** A simple empathic conversation can make a big difference. Create a safe, welcoming space for athletes to talk about their challenges.
- **EASE THE PRESSURE:** Mental health matters in sports. Your athletes face pressure, discuss it, and develop strategies to support them on and off the field.
- **NAVIGATING SAD (Seasonal Affective Disorder):** Weather and seasons affect athletes differently. Recognize the signs of SAD and encourage and guide them.



**American
Foundation
for Suicide
Prevention**



**For More Information, Contact; Posure Leadership
Institute via**



4052120960



goodness@posurenetwork.com



www.posurenetwork.com