

POSURE LEADERSHIP INSTITUTE - PRESS RELEASE 4.22.25

The Oklahoma Coaches Association proudly highlights the essence of communication in high level leadership. This is a session for all coaches. The Posure Leadership Institute will present an hour-long session on Sunday, July 27 at 12:00 titled 'Compassionate Communication in Leadership". This session will cover the mental health of your athletes. Topics covered include how to ease the pressures athletes feel, how to navigate changes in seasons and how these seasonal changes affect athletes' mood and performance and finally, how coaches can have suicide prevention conversations with their athletes to help save lives.

