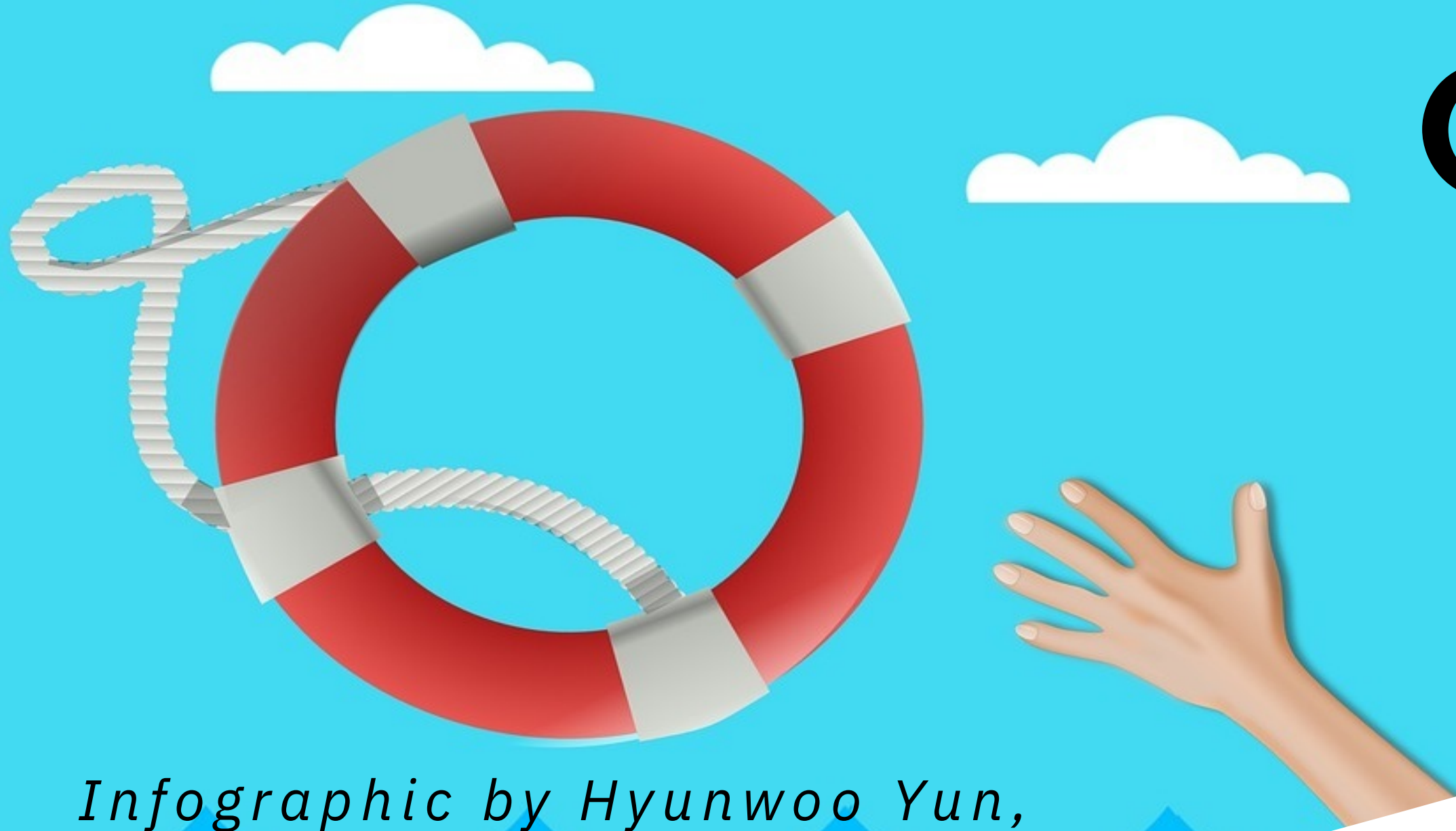


# COACHING FOR LIFE SKILLS



Infographic by Hyunwoo Yun,  
University of Ottawa

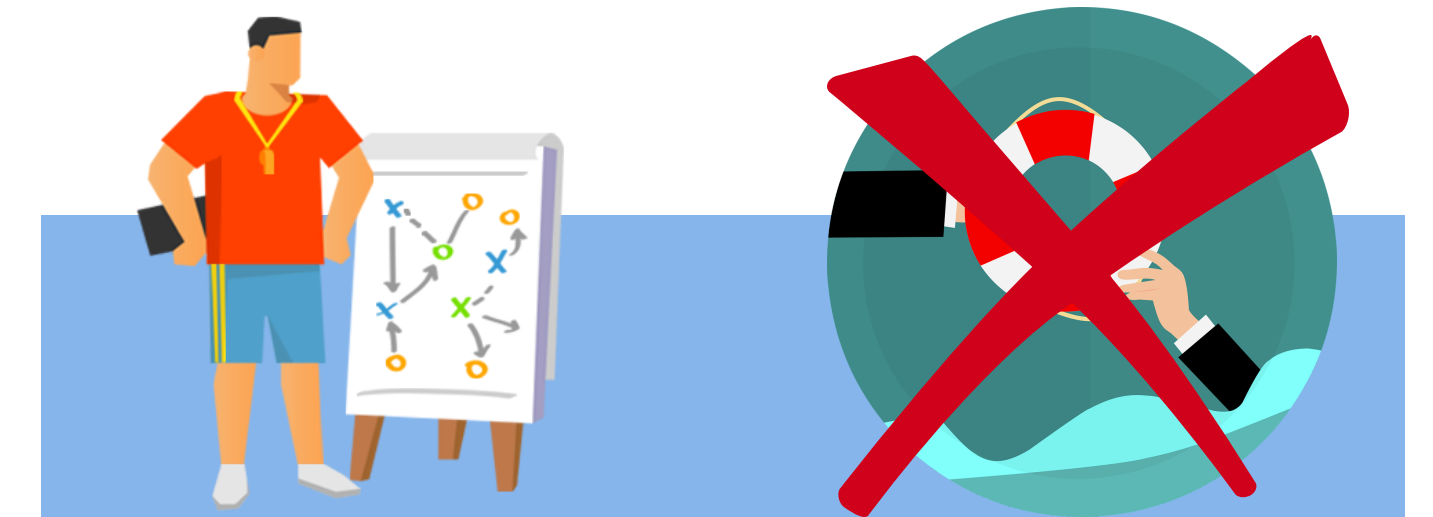


uOttawa



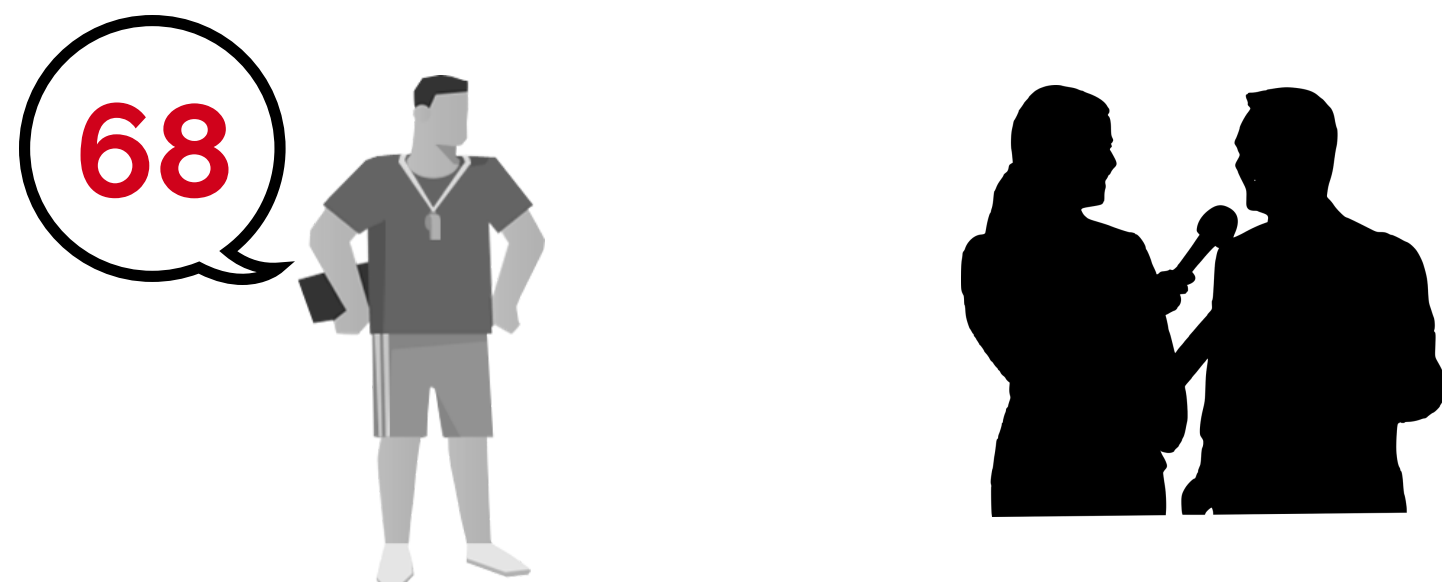
## More than 52,000 volunteers coach high school sport each year in Canada

Most are not trained to support life skills development



The “**Coaching for Life Skills**” course was developed to give coaches the practical tools necessary to coach important life skills to their student-athletes through sport

### PHASE 1



Coach Participants Pilot in-person training

#### Evaluation Outcomes

##### Interviewed coaches reported:

- Increased awareness of life skills
- Improved coach-athlete relationships
- Enhanced use of coaching strategies targeting life skills development

### PHASE 2



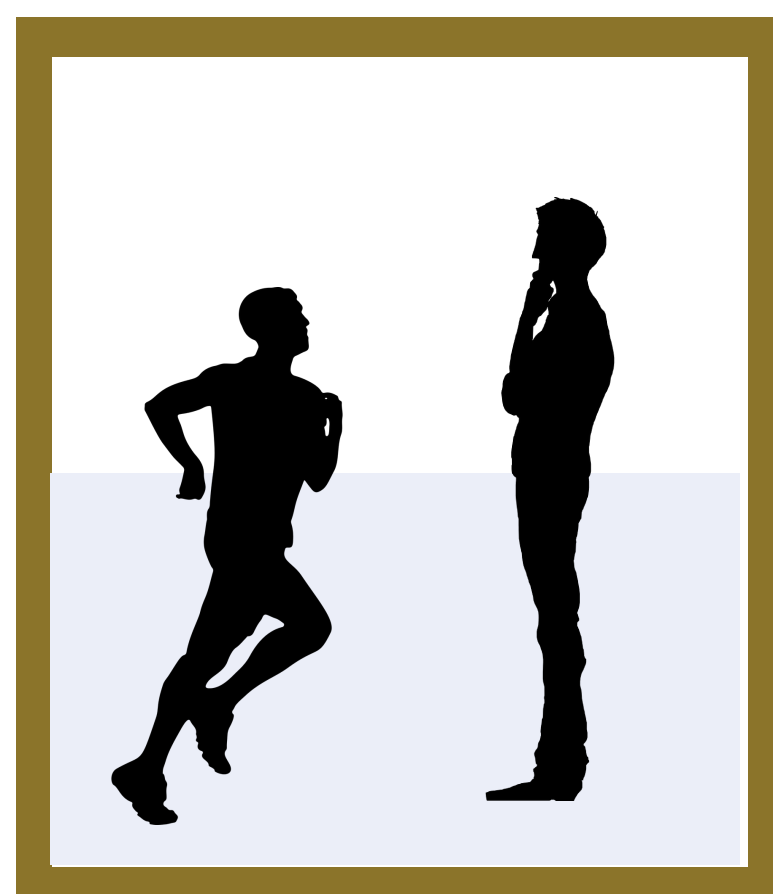
Coach Participants Evaluation of online training

#### Evaluation Outcomes

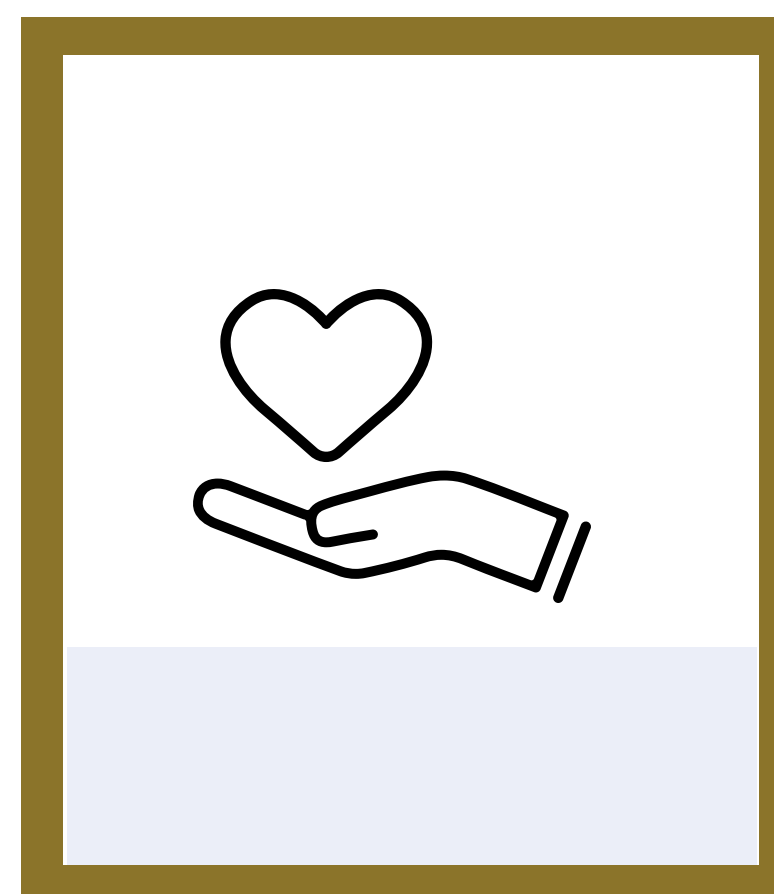
##### Evaluation results demonstrated coach skill development relating to:

- Coach-athlete relationships
- Coach interpersonal behaviors
- life skills teaching

## PROGRAM IMPLICATIONS (How it helps)



Improves coach-athlete relationship



Increases coach awareness of life skills



Targets coaching strategies toward life skill development

Helps coaches become more proficient at teaching life skills through sport

Youth to become productive members of society



The “**Coaching for Life Skills**” course is now available from School Sport Canada (<https://www.schoolcoach.ca/courses.aspx>) providing a practical, interactive and free learning opportunity for high school coaches