

WI SPORTS COACHING PROGRAM

LCE Academy has launched the WI Sports Coaching Program as the only program in Egypt that enables sports coaches to push athletes to their full potential and enhance their performance far beyond their own expectations.

The main program outcome is to enable athletics coaches, through various coaching competencies, tools and techniques, to support athletes in developing the proper mindset, motivation, commitment, confidence, focus, and composure required for superior performance in diverse situations. Along with the physical and technical aspects of athletic performance, this program focuses on the mental and emotional characteristics of performance. WI Sports Coaching Program crafts mental toughness principles and tackles psychological sports concepts that impact optimal performance and the well-being of athletes.

WHY THIS PROGRAM

This program teaches coaches to see and work with the person as a whole, helping clients to build efficient, creative relationships with the people around them.

- It gives coaches a solid foundation in anthropology.
- It incorporates the relational and systemic approach in one-on-one coaching.
- It provides expert instructors.
- It uses experiential learning methodology with constant opportunities for practical application.
- It provides immediate feedback to one-on-one and group mentor coaching on real sessions.

WI COACHING PROGRAM GIVES YOU:

- 1.70 Coach Training Hours (Synchronous & Asynchronous hrs)
- 2.3 modules (3, 2, 2 days respectively)
- 3.2 online group supervision cycles with a certified coach mentor
- 4.3 one on one mentoring session with a PCC coach
5. Direct inclusion in LCE coaching community of over 300 coaches.
6. 15% discount on any other program you take with LCE
7. 10% discount to any of your referrals for our programs

YOUR ACC CREDENTIALING PATH



WI SPORTS COACHING PROGRAM OUTLINE

MODULE ONE - FUNDAMENTALS OF SPORTS COACHING

04 - 06 NOVEMBER 3 DAYS

Module one presents the basics & foundation of sports coaching as well as the definitions, principles, history, main concepts and process. It highlights the difference between coaching, sports coaching and other overlapping development disciplines. This module particularly showcases coaching competencies that sports coaches should consider in their coaching dynamics, their relationships with athletes and in the structure of the coaching session. Module one also introduces the basic concept of mental toughness as well as the main scope of sports coaching and a few of ICF's own coaching competencies.

MODULE TWO - DEVELOPING A WINNING MINDSET

25 - 27 NOVEMBER 3 DAYS

Module two focuses on understating factors affecting performance in sports – it highlights the impact of having values, setting goals for performance & its process in sports coaching, and the impact of various personality types and characters on performance. This module also presents the key concepts of “deliberate practice” and the “optimal performance zone” as main pillars of stand-out performance. Finally, this module also highlights the dynamics of sports teams, and a few of ICF's own coaching competencies.

MODULE THREE - SPORTS COACHING DYNAMICS

13 - 14 JANUARY 2 DAYS

Module three reveals the required mindset and emotions of peak performance that sports coaches should consider in the coaching dynamics and relationship with athletes. It introduces the key mindset of winning & competing, positive self-encouragement & affirmation, self-confidence, attentional focus, commitment & motivation in sports, and a few of ICF's own coaching competencies

GROUP SUPERVISION

8 DECEMBER & 19 JANUARY (ONLINE)

WI COACHING PROGRAM IS AN ICF ACCREDITED LEVEL 1 PROGRAM (FORMERLY ACSTH)

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