

The Power of Positive Coaching



the Missouri Institute for
Positive Coaching

Dr. Rick McGuire



Mission

**To promote POSITIVE COACHING in
sport at all levels, and to enhance lives
and society, by
“Winning Kids with Sport!”**



Our Process

Educate

- Share the Principles of Positive Coaching with coaches, parents, and players, educating everyone about the Power of Positive Coaching and its implications on Performance.

Equip

- Provide implementation strategies and best practices for schools, teams, and individuals, equipping them to leverage the Power of Positive Coaching.

Empower

- Offer ongoing support to schools, coaches, and programs, empowering them to live and apply the Principles of Positive Coaching.



Our Services

Educate

Keynotes

"The Power of Positive Coaching"

"The C'S of SuCCCCCCCCess"

"Self-Worth, Self-Esteem, & Social Responsibility"

"Positive Coaching & Parents"

Equip

Workshops

"Leveraging the Power of Positive Coaching"

"Building a Positive Coaching Culture"

"Becoming a SuCCCCCCCCess"

"Empowering Your Student-Athletes"

Empower

Programming

Online Master's Degree in Positive Coaching

"Proud to be a Positive Coaching School" Program

Interactive Website & Support Services

Online Digital Workshops
Coming Soon!



McGuire's Principles of Positive Coaching

University of Missouri | Dr. Rick McGuire

the Missouri Institute for Positive Coaching

McGuire's Principles of Positive Coaching

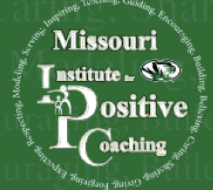
1. **Discover the Calling**
 - Reflect on personal values and foundational beliefs.
 - Identify goals and purposes of the sport experience.
 - Develop and shape coaching philosophy.
 - Adopt the role of the learner.
 - Choose to model and develop positive character...relentlessly!
2. **Build the Foundation**
 - Create and nurture each individual's self-worth and self-esteem.
 - Promote and protect the priority of each individual's well-being and happiness.
 - Develop and foster the sense of meaning and purpose.
 - Develop a healthy attitude toward competition.
 - Develop the desire to have fun.
3. **Cultivate Positive and Caring Relationships**
 - Communicate respectfully with those you lead, just as you would wish to be communicated with by those who lead you.
 - Develop a spirit of cooperation.
 - Demonstrate and utilize positive, active, constructive instruction.
 - Demonstrate and utilize positive, active, constructive responding.
 - Develop and model the regular sharing of gratitude.
4. **Empower Growth Mindsets**
 - Develop and model a positive approach to achieving SuCCCCCess, and emphasize engagement in the process.
 - Develop the realization that nothing of any real value is ever achieved without hard work and dedication.
 - Develop intrinsic motivation, internal motivation, approach motivation, and positive motivation.
 - Develop self-confidence by allowing individuals to make decisions for oneself, about oneself, and by oneself.
5. **Inspire Passionate Hearts**
 - Develop the desire to strive wholeheartedly toward personal excellence.
 - Identify and build upon each person's strengths.
 - Model, promote, and nurture positive emotions.
 - Develop the perspective of optimism as defining the sport culture.
 - Celebrate and savor individuals' experiences of achievement and success, both in and out of sport.
6. **Produce and Achieve Optimal Performances**
 - Develop and model the skills of "Thinking Right" in sport.
 - Develop and model the skills of focus and self-control.
 - Develop and model the skills of the C's of SuCCCCCess.
 - Develop and model the skills of mental toughness.
 - Develop and nurture an environment that supports flow experiences.





Positive Coaching School Program

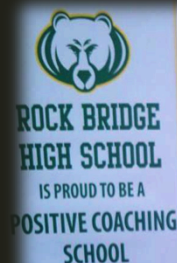
NORTH CALLAWAY HIGH SCHOOL IS PROUD TO BE A POSITIVE COACHING SCHOOL



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 @MUPositiveCoach

FORT ZUMWALT SOUTH HIGH SCHOOL IS PROUD TO BE A POSITIVE COACHING SCHOOL





Targets of Positive Coaching

Negative
Coaches

Positive
Coaches

Non-
Teacher
Coaches

- Encourage the Good Guys.
- Get the Bad Guys Out.
- Teach the Uneducated.



Final Thoughts from the Team...

Respect

Respect is a cornerstone for coaches, athletes, parents, and players in sport.
When is it right to be *disrespectful* of another human being? NEVER!



Bully Behavior

Where one person in a relationship with another or others holds a significantly greater degree of power in that relationship, and uses that power to intimidate, control, demean, and/or harm others. This is disrespectful.



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Contact Us

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