

the ccmhs workshop trilogy: workshop 1

#### THANK YOU FOR REGISTERING



# MAXIMIZING COACH POTENTIAL

THROUGH THE POWER OF THE MENTAL TRIAD

JUN 12 2023 8:00-9:30 PM

EDT

## WHAT'S NEXT?

We are thrilled you have decided to be a mental health champion in sport!

As you prepare for the upcoming workshop, we want to ensure that you have all of the necessary information and resources to power your experience.

remember before the workshop!

Here are a few important notes to



# PREPARING FOR THE WORKSHOP



at the bottom of this email.

You can also learn more about our collective of professionals catalyzing mental health

change across the Canadian sport landscape, one workshop at a time.

Coach's Corner

To support your learning journey, you will have access to the companion workbook at the beginning of the workshop.

02

04

This resource contains exercises that will help you engage with the content during the workshop and will assist you in effectively translating your learning into actionable

Community Guidelines

We have established community guidelines to help enhance the learning

experience for all participants. Ensure that you familiarize yourself with these

outcomes after the workshop.

guidelines prior to the workshop. Follow the link at the end of this email to learn more.

Workshop Survey

## insight into your experience and the impact of the workshop.

Pre-Survey
You will have access to the pre-survey 7 days before the workshop.
The link to the survey will be emailed to you. You may also complete it via your dashboard.

As this workshop is offered free of charge and is part of a PhD research

project, you will be asked to complete a brief pre- and post-survey to get

## The link to the survey will be emailed to you. You may also complete it via your dashboard.

sport participants across Canada.

Post-Survey

By filling out these surveys, you will help us improve future mental health education for coaches and create more impactful learning experiences for

You will have the opportunity to complete the post-survey up to 7 days after the workshop.

## We will send you a reminder email on the day of the workshop!

**ACCESSING THE WORKSHOP** 

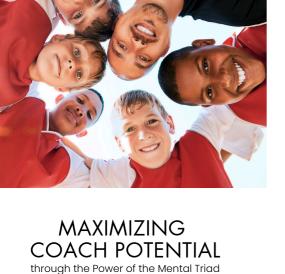
workshop 15 minutes before the scheduled start time.

you haven't done so by then, and download your workbook.

We recommend that you log into your Thinkific account to access the

This will allow you to review the workshop disclaimer, complete the survey if

the ccmhs workshop trilogy





PERFORMANCE

through Self-Care





the ccmhs workshop trilogy: workshop 2

#### THANK YOU FOR REGISTERING



# POWERING COACH WELLNESS & PERFORMANCE

THROUGH SELF-CARE

JUN 19 2023 8:00- 9:30 PM

EDT

LDI

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## PREPARING FOR THE WORKSHOP

CCMHS Learning Facilitator

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the ccmhs workshop trilogy



through the Power of the Mental Triad



PERFORMANCE

through Self-Care





the ccmhs workshop trilogy: workshop 3

#### THANK YOU FOR REGISTERING



# PROMOTING THE POWER OF MENTAL HEALTH

THROUGH COACHING PRACTICE

JUN 26 2023 8:00- 9:30 PM

EDT

## WHAT'S NEXT?

02

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the ccmhs workshop trilogy





PERFORMANCE

through Self-Care

