

WELCOME

CMHS



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.

Here are a few important notes to remember before the workshop!



PREPARING FOR THE WORKSHOP

01 CCMHS Learning Facilitator

Take a moment to meet your CCMHS Learning Facilitator by following the link 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.

02 Coach's Corner

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

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 outcomes after the workshop.

03 Community Guidelines

We have established community guidelines to help enhance the learning experience for all participants. Ensure that you familiarize yourself with these guidelines prior to the workshop. Follow the link at the end of this email to learn more.

04 Workshop Survey

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 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.

Post-Survey

You will have the opportunity to complete the post-survey up to 7 days after the workshop. The link to the survey will be emailed to you. You may also complete it via your dashboard.

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

ACCESSING THE WORKSHOP

-  We will send you a reminder email on the day of the workshop!
-  We recommend that you log into your Thinkific account to access the workshop 15 minutes before the scheduled start time.
-  This will allow you to review the workshop disclaimer, complete the survey if you haven't done so by then, and download your workbook.

the ccmhs workshop trilogy *register today*



MAXIMIZING COACH POTENTIAL

through the Power of the Mental Triad



POWERING COACH WELLNESS & PERFORMANCE

through Self-Care



PROMOTING THE POWER OF MENTAL HEALTH

through Coaching Practice

WELCOME

CMHS



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

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POWERING COACH WELLNESS & PERFORMANCE
through Self-Care



PROMOTING THE POWER OF MENTAL HEALTH
through Coaching Practice

WELCOME

CMHS



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

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PROMOTING THE
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HEALTH

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