

SPARK INTENT

Intent, Energy & Effort

Improve your environment to maximise athlete engagement and a desire to improve

A 1-DAY WORKSHOP OF LEARNING, DEBATE AND CHALLENGE-SHARING

VISIT sparkintent.co.uk/workshops

**Sunday 25th
August 2019**

**Edinburgh
Academy
EH3 5BL**

**Saturday 7th
September 2019**

**Scotstoun Stadium,
Glasgow
G14 9HD**



ITINERARY

PART 1

An introduction to self-determined motivation, autonomy, competency and relatedness.

Tutorial and group knowledge-share

PART 2

Creating engagement and desire through excellent coaching, use of GPS and Physical reporting and how to engage your coaching-staff.

Tutorial, case-studies & small-group discussions

PART 3

Creating meaningful and effective relationships via motivational interviewing and pathway-goals

Tutorial and group knowledge share

£62.00 per person

Pay via

SparkIntent.co.uk/
workshops

**Workshop brought
to you by:**

GEORGE PETRAKOS
Physical Performance
Consultant (Scottish Rugby)

&

TOM COUGHLIN
Lead Nutritionist
(Scottish Rugby)