



Improving the Emotional Health of Coaches

I. Sports are Emotional: humorous video clip on emotionality in sports/coaching.

- A. Highlighting NCAA increasing emphasis improving emotional health of athletes
- B. Coaches as underserved population – Who coaches the coach?
- C. Increasing demand for sports psychology consultation for coaches and teams

II. Physical, Psychological, and Emotional Demands on College Coaches:

Highlight unique challenges facing college coaches

- A. Case examples/research/statistics
- B. Sleep deprivation and impact on coaching performance and health
- C. Statistics on stress, anxiety, depression

III. Emotional Energy Management

- A. What is Emotional Energy?
- B. What drains us of Emotional Energy?
- C. Defining Key Emotions
- D. Optional short humorous video clip with basketball/energy drain

IV. Best Practices on Improving Emotional Energy

- A. Addressing Sleep Issues
- B. Developing Healthy Outlets
- C. Making Better Choices

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“CLEARER MIND, BETTER PERFORMANCE.”