

the
 **CCMHS Workshop Trilogy**
powering coach mental health literacy



Three
WORKSHOPS

Two
FORMATS

one
YEAR

WORKSHOP 1

Maximizing Coach Potential

through the Power
of the Mental Triad

WORKSHOP 2

**Powering Coach
Wellness & Performance**

through Self-Care

WORKSHOP 3

**Promoting the Power
of Mental Health**

through Coaching Practice

LIVE

90 minutes with a
CCMHS Learning Facilitator

SELF-PACED

45 minutes online
on your own

April 2023 – March 2024

FREE access to all
three workshops

Earn 2 PD points
for each completed live
or self-paced workshop

Financial contribution from



Public Health Agency of Canada
Agence de la santé publique du Canada



CCMHS  CCSMS

 uOttawa




coach.ca
Coaching Association of Canada
Association canadienne des entraîneurs

MAXIMIZING COACH POTENTIAL

through the

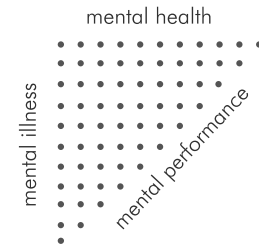
power

of the Mental Triad

mental health/illness/performance

OBJECTIVES

Enhance knowledge, skills, and confidence related to the mental triad :



Understand the role of coaches in :



fostering mental health and mental performance



preventing and coping with mental illness symptoms

LEARNING OUTCOMES

By the end of this workshop, coaches should be able to:

- DEFINE mental health literacy
- DESCRIBE the mental triad and understand the interplay between the constructs
- DEFINE stigma in sport
- RECOGNIZE signs and symptoms of the mental triad
- RESPOND through powerful conversations
- REFER to appropriate practitioners



powering COACH

WELLNESS & PERFORMANCE

through self-care









OBJECTIVES

- Enhance knowledge of self-care and wellness in the context of sport and general life
- Understand the risks and benefits associated with low and high self-care practices.
- Increase capacity to :
 -  assess wellness and plan for self-care
 -  adapt strategies based on stressors and levels of functioning

LEARNING OUTCOMES

By the end of this workshop, coaches should be able to:

-  **DEFINE** mental health literacy
-  **DEFINE** self-care and wellness
-  **IDENTIFY** coaching stressors and the three dimensions of burnout
-  **PERFORM** the 2-Minute Daily Scan
-  **PERFORM** the 2-Month Audit
-  **DEVELOP** a personalized self-care plan based on the four mental health zones



PROMOTING the

power of MENTAL HEALTH

through coaching practice









OBJECTIVES

- Integrate mental health into the philosophy and practice of coaching
- Identify strategies to create psychologically healthy and safe training and competition environments
- Increase capacity to :
 -  create sound mental health action plans
 -  address vulnerable periods in yearly training plan that can compromise mental health

LEARNING OUTCOMES

By the end of this workshop, coaches should be able to:

-  **DEFINE** mental health literacy and mental health promotion
-  **IDENTIFY** Identify tactics and leadership behaviours to promote mental health
-  **RESPECT** the Universal Code of Conduct to Prevent and Address Maltreatment in Sport
-  **DIFFERENTIATE** between supportive and controlling coaching behaviours
-  **RECOGNIZE** the components of a sound mental health plan
-  **CONSIDER** mental health needs when designing sport programs

LEARNING FACILITATORS

Workshops are delivered by trained CCMHS Learning Facilitators



QUALIFIED

Are registered or licensed mental health practitioners and/or mental performance consultants



COMPETENT

Have knowledge of sport, coaching, and the mental triad



DIVERSE

Have various backgrounds, genders, languages, social identities, and geographical locations

[CLICK HERE TO MEET THE TEAM](#)

WHO IS ELIGIBLE TO PARTICIPATE?

Canadian coaches with a valid NCCP number, registered with the Coaching Association of Canada (CAC), 18 years of age and up, and able to read, speak, and write in English or French.

IS THERE A FEE?

To support equity and accessibility, all 3 workshops will be available at no cost for one year from April 2023 to March 2024.

CAN I EARN PD POINTS FOR MY NCCP CERTIFICATION MAINTENANCE?

Yes, you can earn 2 PD points for each synchronous (live) or asynchronous (self-paced) workshop you complete.

DO I NEED TO COMPLETE ALL 3 WORKSHOPS?

No, you have the option of completing one, two, or all three workshops in any order.

DO I NEED TO TAKE THE WORKSHOPS IN A SPECIFIC ORDER?

Although it is ideal to complete the workshops in sequence, you may choose a different order that is more suitable to your needs and preferences.

DO I NEED TO TAKE THE WORKSHOPS IN THE SAME FORMAT?

No, you can choose between the synchronous (90-minute live on zoom with a CCMHS Learning Facilitator) or asynchronous (45-minute online at your own pace) format.

HOW DO I ACCESS THE WORKSHOPS?

Use [this link](#) or the QR code to go to the website and create a free Thinkific account using your name, email, and a self-identified password. It is important to note that creating a Thinkific account does not automatically register you for a workshop. After creating your account, proceed to registering for any of the available synchronous (live) or asynchronous (self-paced) workshops.

HOW WILL MY REGISTRATION BE CONFIRMED?

After registering for a workshop, a confirmation email will be sent to you. You will also receive a series of emails leading up to the workshop outlining additional information and next steps. If you do not receive these emails, please check your junk inbox.

WILL THE WORKSHOP BE RECORDED?

No. If have registered for a workshop but were unable to attend, you can sign up for another upcoming live workshop or complete the online self-paced version of the workshop on your own.

WHEN WILL MY PD POINTS APPEAR ON THE LOCKER?

PD points will be uploaded at the end of each month. If you have not received your PD points, please contact the Project Lead at education.outreach@ccmhs-ccsms.ca.

1

CREATE AN ACCOUNT

To access the live or self-paced workshops, you must create an account on the CCMHS-CCSMS Education Hub. Use the link below to get started!

NOTE: **Creating an account does NOT automatically register you for the workshops.**
To complete the registration process, check out the details below.

[CLICK HERE TO CREATE AN ACCOUNT](#)

2

ACCESS THE LIVE WORKSHOP CALENDAR

Once you have created an account, click on the 'live workshop calendar' option in the menu within the hub or use the the link below or scan the QR code to access the live workshop calendar. On this page, you can view the upcoming date(s) and time(s) for the live workshops that are OPEN TO ALL COACHES.

NOTE: **THIS IS ALSO WHERE YOU WILL COMPLETE THE REGISTRATION PROCESS FOR EACH WORKSHOP.**



[or click here](#)

3

REGISTER FOR A WORKSHOP

On the live workshop calendar page, click **LEARN MORE AND REGISTER** for the date that you would like to register for. You will be directed to the workshop registration page.

*You must be signed in to register. If you are not signed in, you will be redirected to the "Sign Up Page."
If you have an account, enter the username and self-identified password that you used to create an account.
If you have not created an account, click the "Create a New Account" button and follow the instructions to do so.
Once you are signed in to your account, click on "live workshop calendar," then click on "learn more and register" for the desired workshop.

Click **"REGISTER FOR THIS WORKSHOP"** to complete your registration.

After registering, you will be directed to a confirmation thank you page.

NOTE: You must register for each workshop separately.

You will receive an email confirming your registration for EACH workshop that you have signed up for.
Remember to check your junk inbox!



IF YOU WOULD LIKE REGISTER FOR ADDITIONAL WORKSHOPS, USE THE QR CODE OR LINK ABOVE TO RETURN TO THE CALENDAR.
YOU MUST BE **SIGNED IN TO YOUR ACCOUNT** TO VIEW OR REGISTER FOR THE AVAILABLE WORKSHOPS.

register ^{CCMHS}  ^{CCSMS}
today

SCAN THE QR CODE



OR [CLICK HERE](#)

become a *mental health champion*

If you have any questions, please contact:

JENNIFER MISURELLI

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Community Outreach, CCMHS

education.outreach@ccmhs-ccsms.ca

