

# Train Your Parks & Rec Staff as Coach-Mentors!



Parks and recreation professionals are influential figures in our children's lives and help shape the next generation. An essential component of working with youth is ensuring social, emotional, and physical safety and providing consistent mentorship.

That's where Coach-Mentor Training comes in! Through an interactive in-person or online course designed for professionals who work with youth, participants will learn how to hone their skills as mentors and create safe and inclusive spaces for everyone in their programs.

## 3 Reasons Your Staff Should Become Coach-Mentors



Designed for **coaches of any sport** and leaders of recreation activities, all staff members who work with youth will benefit and leave **tangible tools to integrate** into their work.



The training teaches the latest in **social-emotional learning**, which staff can use to create positive connections with youth and better environments for long term community engagement.



It's a **fun and interactive** way to provide professional development to your entire staff.

## In Their Own Words

"What's great about the training is that it teaches coaches how to interact with their players with empathy and understanding."

| **Channon**, Youth Sports Recreation Admin Manager, Parks

"This was a wonderful training. It will allow our coaches, our administrators, and staff to have a better awareness on what youth are actually dealing with outside the field of athletic play... the training allows us to have tough discussions when kids come to us and want advice and knowledge on what they are dealing with from a social and family standpoint. I would recommend this training to any organization who is working with youth."

| **Kenneth Allen**, Director, Houston Parks and Recreation Department

"We've been applying the principles to our classes and programs, and we've noticed a huge increase in the teamwork and the patience that we have with our students and with each other as team members. I would highly recommend this program whether you are in the Parks and Recreation Department or if you are an independent coach."

| **Justin Wiederman**, Recreation Assistant, Lee & Joe Jamail Skatepark, Houston Parks and Recreation Department

## About Coach-Mentor Training

Designed by the U.S. Soccer Foundation for coaches of any sport, Coach-Mentor Training is an interactive course that teaches the best practices from the Foundation's 25-year experience as leader in sports-based youth development.

## What You'll Learn in Coach-Mentor Training



**How to strengthen** the social and emotional skills of young people



**How to work** effectively with youth in and from underserved communities



**How to create** a positive team culture that reflects the diversity of youth you serve

## 3 Ways to Take Coach-Mentor Training



### In-person

A great professional development and team-building activity, this highly interactive, two-hour training is offered in a classroom setting. Our team can work with you to customize the training for your needs. Valued at \$5,000 for up to 50 participants, grants and in-kind opportunities are available.

“More Coaches should take the Training”

“Great training that can be used outside of coaching.”



### Live Virtual with Your Peers

This option allows for a similar experience to the in-person setting but for organizations with people in all different places. The training takes place at the same time and provides opportunities to engage interact with peers virtually.



### Online at Your Own Time

Want to offer the training but can't get a large group together? Our one-hour online training is a way for individuals to take the training on their own time and at their own pace.

“Good content and well organized. I enjoyed the testimonies and thought they had a powerful message.”

“Make it a mandatory training program for coaches.”

**Get started!**



Email **CMT Team** at [cmt@ussoccerfoundation.org](mailto:cmt@ussoccerfoundation.org) to get started today!