



FINDING SOLUTIONS FOR A RESPECTFUL CULTURE AND SAFE TRAINING ENVIRONMENT

Session 1

26 October 2020 – 16:00 -19:00 (CET)

Session 2

27 October 2020 – 8:00 – 11:00 (CET)

Interpersonal relationships in the gym

- How to encourage continuous exchanges and mutual trust
- How to listen to athletes' feelings
- What can and can not be told
- How to improve politeness and good manners

Keeping Gymnastics fun

- How to treat training as a game played with apparatus
- How to push one's limits without breaking body and soul
- What are the benefits of using a mental coach and psychologist

The coach's role and responsibilities

- Duties and obligations are limited to gymnastics coaching
- How to help athletes reach their goals without pushing them too hard
- Respecting of medical advice and parental authority

Protecting gymnasts and coaches from external pressure

- How to establish a clear separation between training and management
- How to keep financial and political stakes out of the gym
- Benefits of using an external third party or a neutral mediator