



## WEBINAR OF THE SIMS CHAIR

Wednesday, November 13th 2024

9 a.m. to 10:30 a.m.

(Eastern Time)

### ***CHALLENGING THE BELIEFS DRIVING A CONTROLLING STYLE IN COACHING: WHAT THE RESEARCH REVEALS***

Sports coaches are entrusted with the vital task of helping youngsters learn and grow in safe and nurturing environments. Yet, sometimes, they may resort to a controlling (i.e., pressuring and autonomy-thwarting) style of coaching. This webinar will present the latest SDT-based research on the detrimental effects of a controlling coaching for young people's motivation and well-being, their growth and development, and even their performance.

The webinar will conclude with a summary of the factors that lead to a controlling style as such insights are essential to develop effective interventions to help coaches and educators in adopting a more need-supportive style to create safer and more motivating learning environments that foster growth and development.



**LEEN HAERENS,  
PH.D.**

Prof. Leen Haerens leads the research group in Sports Pedagogy at in the Department of Movement and Sports Sciences, Faculty of Medicine and Health Sciences at Ghent University. Guided by Self-Determination Theory, her mission is to generate new knowledge and practical insights that enable children, youth and adults to develop, learn and perform in safe and motivating contexts. Through her work, she has generated several paradigm shifting insights regarding the (de-)motivating style of teachers and sport coaches. Particularly relevant to the current chair is the work on controlling coaching.

This webinar is presented  
in ENGLISH and is **free**.

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FOR FREE!**

