



“LOVE AND RESPECT ARE THE FOUNDATION OF ALL PEAK PERFORMANCE.”

ADAM SAENZ, PH.D., PSYCHOLOGIST/TRACK AND FIELD COACH

EQuipped Coaching™

EQuipped Coaching™ is a one-day professional development that empowers coaches with the emotional intelligence skillset necessary to guide themselves and their athletes to peak performance.

We love the coaching—the direct interaction with our athletes, pushing them beyond complacency and into the best version of themselves as athletes and human beings. It’s the other stuff that has the potential to erode our energy: paperwork, meetings, scheduling, and budgeting. The list could go on.

EQuipped Coaching™ is an immersive, one-day training that empowers coaches to understand and regulate their stress and the strengths and limitations associated with their personality style. As coaches model emotional intelligence skills to their athletes, they become more sustainable in their coaching role, and they become living interventions both on and off the playing field.

EQuipped Coaching™ is rooted in neuroscience, statistically-sound psychometrics, and educational best-practice. As coaches engage this one-day experience, they position themselves and their athletes to achieve peak performance in both relational and task demands.

Learning Objectives: Participants will...

- Gain an understanding of how their personality style presents strengths and weaknesses in their coaching style (using the *EASEL* assessment). Construct personal development plans to increase self-awareness and minimize the effects of personal fears, blind-spots and biases in interpersonal interaction with other coaches and their athletes.
- Develop a personal and team roadmap for healthy stress management and coping. Utilize the flight-or-flight model to proactively game-plan adaptive responses while using social contracting to avoid the maladaptive, toxic responses that can destroy team dynamics.
- Understand the dynamics of effective relationship building and the neuropsychology of competition.
- Implement the EQuipped 4-Step model of emotional regulation with their athletes, a powerful emotional regulation technique that enables athletes to effectively regulate and harness the power of their emotions in practice and the heat of competition.

Call: 979-587-4454



EQuipped Coaching FAQs

Who should participate?

This training is ideal for any coach, coaching staff, or trainer for any sport.

Can you train my entire coaching staff?

We'd love to! The training is most effective when conducted with groups of 50 or fewer, so if your coaching staff fits that number, we can train everyone in a single, two-day experience. If your coaching staff is larger, we can either bring multiple trainers to train the entire group in concurrent sessions over two days, or schedule multiple two-day trainings across the semester or school year.

Can you train my entire district?

We'd love that even more! In fact, we believe (because the research tells us) that the interventions and techniques presented throughout [EQuipped Coaching™](#) are most effective when they are implemented in conjunction with [The Heart-Smart Classroom](#) district-wide. This level of implementation at a district-level is only possible across a multi-year implementation plan. We'll begin with a comprehensive needs assessment to make sure our processes supplement and do not supplant any positive behavior supports or character education already in place in your district.

The Applied EQ Group

The Applied EQ Group was founded by psychologist, author, and coach Adam L. Saenz, Ph.D. As a licensed psychologist and licensed specialist in school psychology, Dr. Saenz has worked in the education and mental health fields for over twenty years. He has worked in collaboration with the College of Education at Texas A&M University, including the Department of Human Resource Development, The Department of School Psychology, and the Department of Research, Measurement and Statistics. He has also lectured in the graduate school at Texas A&M's Mays Business School. He has delivered state national keynote addresses based on his research, which focuses on stress management, the dynamics of effective relationship building, personality assessment, and emotional intelligence. Among his publications are the best-selling *The Power of a Teacher*, *Relationships That Work*, and his most recent release, *The EQ Intervention: Shaping a Self-Aware Generation Through Social and Emotional Learning*. As a high school track and field coach, he is a lifetime member of the Texas Track and Field Coaches Association and a member of the Association of Applied Sports Psychology. He has coached multiple track and field athletes to state championships.

The Applied EQ Group's training team consists of doctoral and master's level practitioners with intervention experience across educational settings. The Educator Assessment of Social and Emotional Learning—the backbone of Applied EQ Group's intervention—is a psychometrically validated measure of personality, emotional intelligence and vulnerability to stress. The instrument was developed by Dr. Saenz in collaboration with K-12 classroom teachers and administrators across the country. Findings of the instrument's psychometric properties and applications for use in educational settings are submitted for publication to the American Education Research Association.

The Applied EQ Group has worked with the following organizations in Texas: The Texas Association of School Psychologists, Texas Elementary Principals and Supervisors Association, and Texas Association of Secondary School Principals. We have worked with the following national organizations and institutions: National Association of Elementary School Principals, American Association of School Personnel Administrators, and the Association for Career and Technical Education.

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