

# MAKING PE AND SCHOOL SPORT MORE ENJOYABLE, ENGAGING AND HEALTH-ENABLING FOR EVERY CHILD IN EVERY SCHOOL!

## What is *Empowering PE™*?

- A training programme for teachers and school sport coaches working in primary and secondary schools
- *Empowering PE™* training works! Teachers and coaches who participate in the workshop change their behaviours for the better, and their pupils exhibit higher quality motivation and achieve a higher level of physical literacy
- Created by Professor Joan Duda, a world leading authority on motivation, and led by trained *Empowering PE™* tutors
- Based on 25 years of research and practice with teachers, coaches and young people

## What does *Empowering PE™* cover?

- Scientifically-grounded and evidenced-based content addressing a striking void in teacher CPD. Teachers and coaches want targeted and high quality training on how to facilitate motivation and engagement in their pupils
- The principles of *Empowering PE™* and why they are important
- Teachers and school sport coaches are supported to apply what they have learned and develop specific strategies to create and maintain an empowering environment in their classes and sessions



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