

The power of words and better relationships

Motivation, behavior change and culture change in sport

Friday 14 July 2017, Swalec Stadium, Cardiff, Wales

Are you involved in efforts to improve process and outcome in sport? This 1-day event could be for you, a forum for hearing & exchanging stories. Talented and experienced people will be there, united around the question of what helps athletes, coaches and clubs to change, thrive and succeed.

How does the power of words improve engagement, motivation & performance outcomes? If better relationships are helpful, how do we move beyond the wall-mounted slogans about values, empathy and respect? What practical steps can be taken to improve things? How do we help athletes to think for themselves in a creative way? How do we improve the culture in a club or organisation?

The people

The forum will bring together three streams of people:

1. You the participant, your ideas and experiences.
2. International experts in empathy, motivational interviewing, restorative practice & sports psychology.
3. Experienced coaches and sporting commentators. The list is growing by the week.

Speakers

Keynote speakers include Dr **Theresa Moyers**, USA (empathy in sport), Mr **Andy Williams** (a restorative approach to culture change) & **Grant Llewellyn** (symphony orchestra conductor). The list of shorter presentations is growing, and includes **Claire Davidson** (Nike Academy), **Andrew Gillott** (Leeds Beckett University), **Edu Rubio** (MK Dons football academy), **Dan Clement** (Hockey Wales) **James Vaughan** (Player Development Project), **Mark O Sullivan** (Coach educator, Sweden), **Paul Roberts** (Streetgames Wales) & Prof. **Stephen Rollnick** (motivational interviewing).

The organization

This is a not-for-profit event. Any profit will be donated to *Futebol da Forca*, a project empowering young women through football in Mozambique and other countries (<http://www.futeboldaforca.com/>) and the [Professional Cricketers Association Benevolent Fund](#)

Cost

£70

Venue

Swalec Stadium, Sophia Gardens, Cardiff, CF11 9XR. This is a spacious and modern facility, close to the city centre, with views over the county cricket ground and surrounding parkland.

Registration

Please complete the online registration form available <http://www.micardiff.co.uk/sport.php>

Please direct any queries to: info@micardiff.co.uk