

perceptions of humanistic coaching

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Humanistic coaching focuses on promoting athletes' personal growth and

well-being by emphasizing an open, caring, and egalitarian relationship with

athletes' relationships. The purpose of the present study was to investigate the ex-
periences of students-athletes who were coached by practitioners using this
approach to foster personal development through sport. A collective case
study approach was employed with 23 student-athletes (Range = 1
to 14.5; SDage = 1.75) from three schools. An inductive thematic

analysis was used to identify themes that were common to all
participants. The results showed that students-athletes who were
coached using this approach reported a positive relationship with their coaches