Garnet
Garnet Global Training Center

GGT-SP-126

Sports Management & Wellbeing

Sports Psychology

علم النفس الرياضي

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (practitioner)**

Overview

Sports Psychology turns established good practice into step-by-step methods that participants rehearse in exercises and then apply at work. Management programs for clubs, federations, venues and workplace wellbeing teams. You can join a public session in one of 20 cities or live online, in English or Arabic, or bring the course in-house with examples from your own operations.

What you will be able to do

- Apply the methods and standards of Sports Psychology to real tasks.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.
- Share good practice with your team.
- Use the right tools, checks and calculations step by step.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. Practitioners with one to five years of experience benefit most.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Sports Psychology: principles and standards
- Venue operations
- Group discussion and peer review

Day 2 Methods and tools in practice
- Athlete development
- Fan engagement

Day 3 Diagnosis and problem solving
- Health and wellbeing
- Measurement and reporting

Day 4 Quality, safety and documentation
- Sport governance
- Hands-on workshop on a workplace challenge

Day 5 Workshop, assessment and action plan
- Commercial and sponsorship
- Common mistakes and how to avoid them

10-day outline

Day 1 Sports Psychology: principles and standards
- Venue operations
- Group discussion and peer review

Day 2 Methods and tools in practice
- Athlete development
- Fan engagement

Day 3 Diagnosis and problem solving
- Health and wellbeing
- Measurement and reporting

Day 4 Quality, safety and documentation
- Sport governance
- Hands-on workshop on a workplace challenge

Day 5 Workshop, assessment and action plan
- Commercial and sponsorship
- Common mistakes and how to avoid them

Day 6 Advanced techniques and specialist practice
- Complex cases in depth
- Regional and international case studies

Day 7 Digital tools, data and automation
- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice
- Global performance benchmarks
- Checklists and templates to take away

Day 9 Capstone project
- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates
- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
11–15 Apr 2027	5-day classroom	Kuwait City	English	4,750
17–21 May 2027	5-day classroom	Vienna	English	4,750
18–29 Oct 2027	10-day classroom	Amsterdam	English	8,950
15–19 Nov 2027	5-day online	Live online	Arabic	2,950
2–6 Apr 2028	5-day classroom	Muscat	Arabic	4,750
3–14 Jul 2028	10-day online	Live online	Arabic	5,450
16–27 Oct 2028	10-day classroom	Dubai	English	8,950
11–15 Dec 2028	5-day classroom	Kuala Lumpur	English	4,750
16–20 Apr 2029	5-day classroom	Barcelona	English	4,750
3–7 Sep 2029	5-day classroom	Abu Dhabi	Arabic	4,750

Dates	Format	City	Language	Fee (USD)
5–9 Nov 2029	5-day online	Live online	English	2,950
3–14 Dec 2029	10-day classroom	Dubai	Arabic	8,950
1–5 Apr 2030	5-day classroom	Dubai	English	4,750
5–9 May 2030	5-day classroom	Jeddah	English	4,750
3–14 Jun 2030	10-day classroom	Barcelona	English	8,950
12–23 Aug 2030	10-day online	Live online	Arabic	5,450

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/