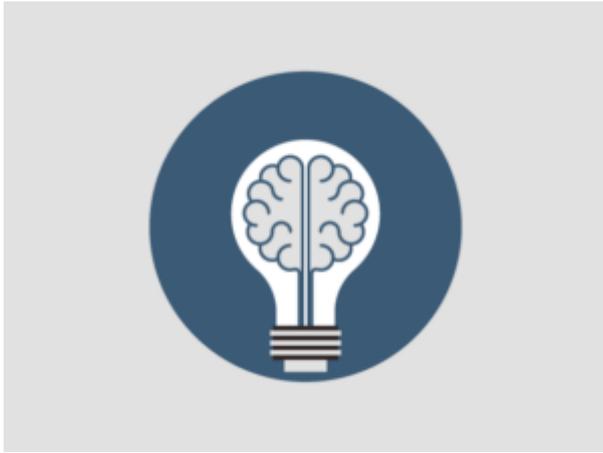


Coaching Skills – Inverted-U Theory



Course Description

In this course, you'll learn how the Inverted-U theory – also known as the Yerkes-Dodson Law – can help you to understand the relationship between pressure and performance.