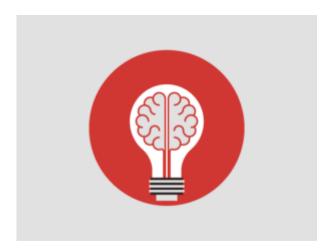
Coaching Skills — Inverted-U Theory



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.