Sport and happiness

            Sports can be a vehicle for happiness. Although the purposes of sports are varied and mean different things to different people, many would agree that organized sport participation can be intrinsically valuable and may bring authentic happiness to a wide range of participants.



As a former athlete at the high school, college, club and professional levels, and current coach and sport psychology consultant, I am attentive to the issues that currently exist in sports. However, when sports are done right, we can learn the joy of movement and the challenge of taking risks.



We can learn something about our strengths as well as our limitations.  We can learn to work cooperatively toward a common goal.  We can learn the importance of teamwork.  We can build our communication skills.  We can develop or reinforce confidence, trust and humility.  And if we weren’t confident, trustworthy, and humble before we started playing or coaching, maybe we learned a little about these qualities on the field.

   The nature of sport challenges all of us every time we step on to the field, coach from the sidelines or cheer from the stands – a special space that invites us to experience a balance of positive emotions and pleasure, engagement, and purpose.  **Play well and savor the moment!**

