

# Positive skiing

## ***Strengthbased development of skiing skills.***

Since the mid 1990's the science of positive psychology has documented highly effective and motivating ways of working with skilldevelopment.

In The Danish Skischool we are integrating principles based on this science to enhance the learningpotential and the sheer joy of skiing for our skiclents.

Our aim is to develop skiers who love to ski and are champions at seing their own strengths. Because research shows us that the best learningproces happens from a base of social thriving and a positive outlook on your ability to handle challenges.

Learn what the science tells us and bag a few tricks to work strengthbased in your own skischool.

### Speaker

Morten Lund

National examiner at the highest level in the Danish Skischool

Euroski pro

Bach. in Sports

Strengthbased learning coach and consultant for schools and businesses.

Owner of [www.ungemedpower.dk](http://www.ungemedpower.dk) and [www.maxmouritz.dk](http://www.maxmouritz.dk)