

# 'perceptions of humanistic coaching

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*Humanistic coaching focuses on promoting athletes' personal growth and athlete relationships. The purpose of the present study was to investigate the experiences of student-athletes who perceived their coaches as using humanistic coaching to foster personal development through sport. A collective case study of interviews was employed with 23 student-athletes (Range = 13-18 years; M = 14.5; SDage = 1.75) from three schools. An inductive thematic analysis of the data revealed three themes: (1) athletes' perceptions of humanistic coaching, (2) athletes' perceptions of humanistic coaching as a support system through academic and personal challenges, and (3) athletes' relationships with their coaches. The findings*