

Supplement A

Workshop procedure: Schedule, learning objectives, content, didactical methods, and material.

Time (approx.) (min)	Workshop phase	Learning objectives (el vs. il) Participants are able to ...	Content	Didactical method/ organization	Material
Prior to workshop	Preparation		For Workshop guidance: Inform participants about workshop framework, provide material, and collect questions beforehand		Literature, guidelines, slides
30 min	Welcome & introduction	il: ...create a meaningful relevance by... - ...reflecting their own situation during the COVID19 pandemic. - ...reflecting their own emotional reactions during the COVID19 pandemic. - ...empathizing with participants' emotions and affective states.	- Clarification/repetition of workshop schedule and learning objectives - Introduction of participants by answering the questions: "How is work during the COVID19- pandemic?", "How do you personally deal with the COVID19-pandemic?"	Individual self-reflection about coping during the pandemic Silent reflections on mind- maps regarding experiences and coping with uncertainty	For reflections on mind-maps: Papers, pencils
60 min	Knowledge acquisition	el: ...enhance comprehensiveness by... - ...describing and defining the salutogenetic approach. - ...understanding its relevance for health promotion and performance enhancement. - ...differentiating the three SoC	- Definition of: stress and stressors, SoC, resources - Introduction of salutogenetic model and SoC elements - Overview: Uncertainty research in sports	Lectures about the theory of Salutogenesis and related research	PPT slides

components					
20 min	Break				
40 min	Knowledge transfer	<p>el: ...enhance comprehensiveness by...</p> <ul style="list-style-type: none"> - ...assigning different strategies to the SoC components. - ...checking psychological counseling guidelines and strategies (e.g., Bertollo et al., 2020) published during the COVID19 pandemic for completeness. 	<ul style="list-style-type: none"> - Evaluation of strategies to cope with stressors - Evaluation of psychological counseling guidelines to cope with the COVID19-pandemic 	<p>Exercises in small groups, especially evaluations of psychological counseling guidelines and strategies</p>	<p>Collection of psychological counseling guidelines as handouts</p> <p>For evaluation: Index cards, Flip Chart markers, Flip Chart paper</p>
60 min	Knowledge application	<p>el: ...enhance comprehensiveness by...</p> <ul style="list-style-type: none"> - ...developing new coping strategies based on to the salutogenetic approach. - ...identifying and explaining differences in coping strategies according to the SoC components. - ...discussing the usefulness of the developed strategies for the elite sport context. <p>il: ...enhance SoC manageability by reflecting their own experienced strategies and their effectiveness according to the salutogenetic approach (backspin to self-reflection during the introduction).</p>	<ul style="list-style-type: none"> - Development and discussion regarding new coping strategies 	<p>Brainstorming with the entire group or in small groups, e.g., to collect coping strategies according to Salutogenesis</p>	<p>For brainstorming: Index cards, Flip Chart markers, Flip Chart paper</p>
				<p>Exercises in small groups, especially development of further coping strategies</p> <p>Group discussions about potentials and barriers of a salutogenetic approach in sport psychology</p>	<p>For discussion (collecting potentials and barriers): Flip Chart paper, Flip Chart markers, strips</p>
60 min	Break				
90 min	Perspective taking	<p>el: ...enhance manageability by ...</p> <ul style="list-style-type: none"> - ...putting themselves in the place 		<p>Role plays to apply coping strategies in sport</p>	

	<p>(“manageability”)</p> <p>of the athlete /learner. - ...by considering different barriers during the learning process.</p> <p>il: ...enhance meaningfulness by - ...reflecting on their own emotional reactions and evaluations of the coping strategies discussed in the workshop.</p> <p>il: ...enhance meaningfulness by - ...reflecting on their own emotional reactions and evaluations of the coping strategies discussed in the workshop.</p>		<p>psychological practice</p> <p>Silent reflections on mind-maps regarding experiences and coping with uncertainty</p>	<p>Mind-maps from the beginning, pencils</p> <p>For reflections on mind-maps: Papers, pencils</p>
30 min	Conclusion	<p>- Feedback - Evaluation</p>	<p>Group reflections/flashlights to recapitulate workshop parts</p>	<p>Any object for flashlight recapitulation: ball, card, ...</p> <p>Feedback / evaluation questionnaires</p>

Notes: el = explicit learning: “comprehensiveness”; il = implicit learning: “meaningfulness”, SoC = Sense of Coherence