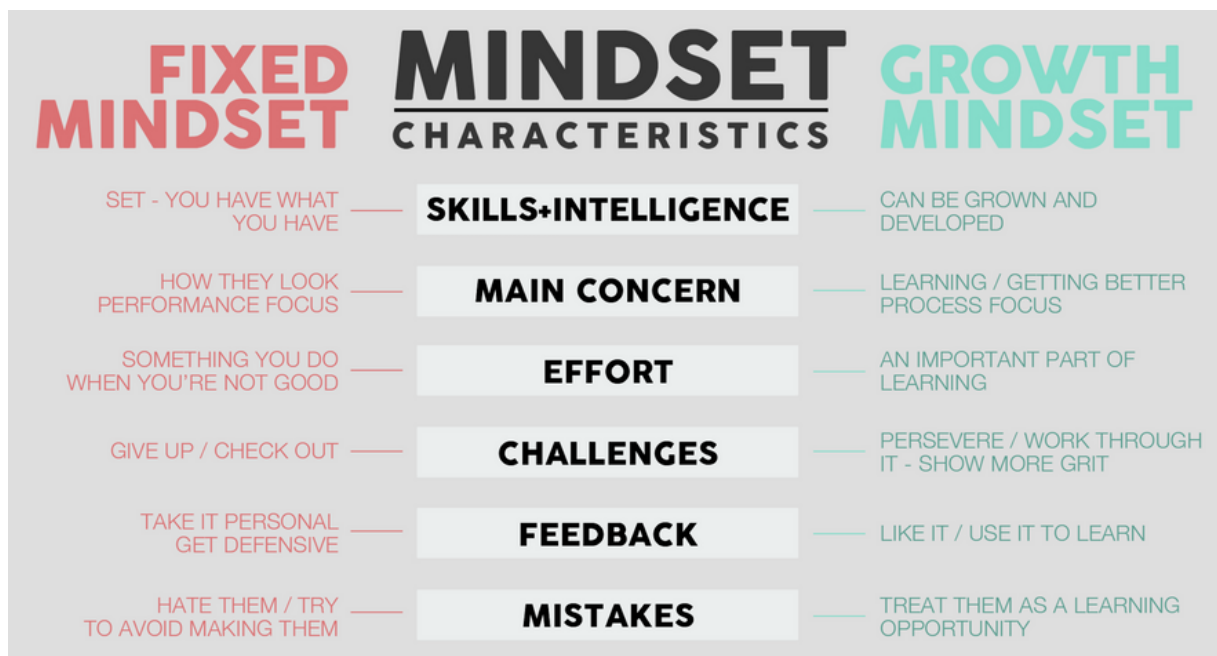


SKATE MANITOBA

VIDEO 5 - PSYCHOLOGICAL QUALITIES



POSITIVE ATTITUDE



Cultivating a growth mindset

Common traps that help athletes fall into 'fixed':

- Comparing self to others
- Facing challenges (especially for a long period of time)
- Seeing others succeed/be selected/ progress and not them
- Feeling insecure
- Receiving criticism
- Not doing well in other aspects of life
- Family/friends in a fixed mindset

Ideas for coach feedback when an athlete is struggling:

-“I’m glad you’re bad at that- if you were good everything, you would have already reached your full potential”

-“That’s something we can work on improving/chipping away at/pushing through this season”

-“This is something we can focus time and energy into helping you grow”

What are some other phrases you can use to encourage a growth mindset?

Helping your athlete develop their growth mindset voice:

- What can you learn from this?
- What steps can you take to help yourself succeed?
- Do you know the outcome or goal you're after?
- What information can you/we gather? And from where?
- Where can you get constructive feedback?
- If you had a plan to be successful at [blank], what might it look like?
- When will you follow through on your plan?
- Where will you follow through on your plan?
- How will you follow through on your plan?
- What did you learn today?
- What mistake did you make that taught you something?
- Is your current learning strategy working? If not, how can we change it?
- What did you try hard at today?
- What habits must you develop to continue the gains you’ve achieved?

Promoting Resilience:

Building resilience requires that we allow space for setbacks and develop a functional way to respond to adversity. This can be achieved through adopting a “growth mindset”. Opportunities for growth are found in our ability to pause and ask “what was the takeaway?”

Using a debrief strategy following practices and competitions can help to guide this mindset. Encourage your athletes to ask themselves:

1. What went well?

*Begin by acknowledging successes

2. What didn't go well?

*Identify areas you can improve

3. What was my takeaway?

*Specify what you are going to take from this experience and apply to the next situation to promote growth. It can be something you want to keep doing (positive) or something you want to change.

MOTIVATION

Your Why:

Reflection Question:

Why do you coach?

With your athletes:

What is your dream and why do you want to do this?

Your Why should be **powerful & deep**.

It should be powerful enough to overcome setbacks and obstacles. Your why should scream confidence. It should be able to sell you, even in your worst moments, that yes - this is still worth fighting for.

Your Why should be **intrinsic**.

Why do YOU want to do this?

Using Your Why:

- What small things get you to love skating? (small wins)
- Why are you choosing to do this?
- Adding your why back in to your life (making it your phone background, vision board, sticky notes, etc..)
- Engaging with your why (finding time to dance for fun, reconnecting with the root of why you're here).