

# SKATE MANITOBA

## VIDEO 6 -

### PSYCHOLOGICAL QUALITIES- RAISING SELF & OTHERS UP

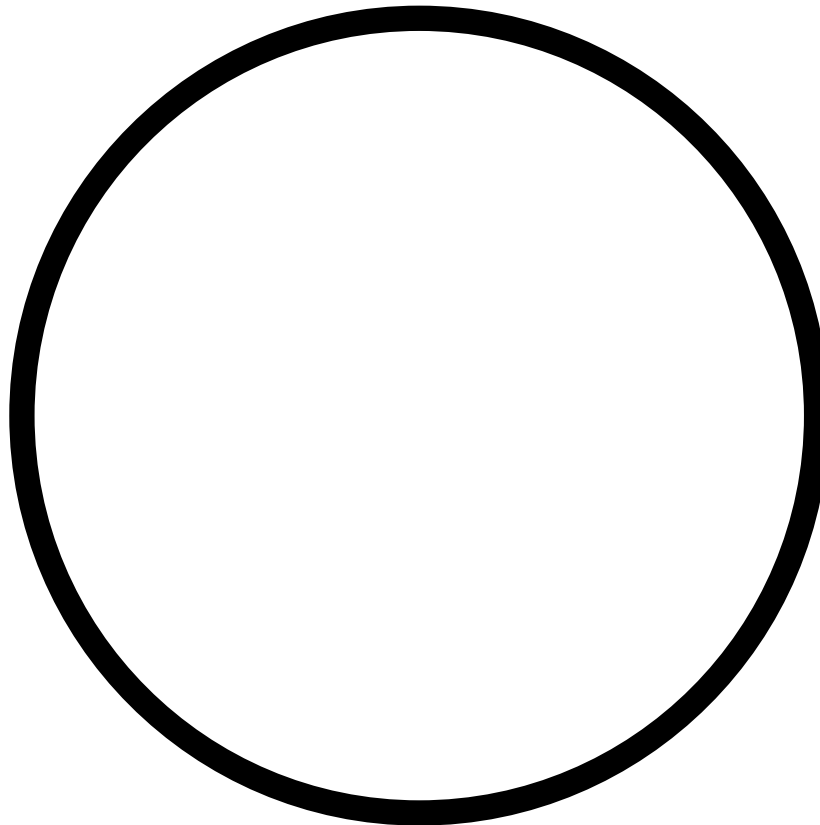


## SELF-AWARENESS - IDENTITY

To start to introduce the idea of identity to your athlete, have them fill out the pie chart below!

Things that can form our identity are things we align ourselves with, personal values, character traits, beliefs, etc..!

Take a moment to fill one out as well as a coach!



Take a moment to reflect on your pie chart.

Why did you choose these elements? How much space did you dedicate for each element and why? Are there any pieces that are missing that you'd like to make room for in the future, and why? Are there any pieces that are taking up too much space or you'd like to reallocate space for?

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## **SELF-AWARENESS - BODY**

When we are experiencing big emotions like fear, anxiety, or disappointment we tend to focus on past and future events instead of being present in the current moment.

Grounding is a strategy we can use to help us feel more present in the here and now. Being more present will help to focus on what is within our control in this moment in addition to promoting greater self awareness and gratitude for the current moment.

You can practice contacting the present moment using the *5 Senses Technique*. Contacting your senses is a sure way to help you be more present in your body.

### **TRY THIS:**

Start by taking 3 deep belly breaths, inhaling through your nose and exhaling through your mouth. Try to exhale longer than you inhale.

**Name 5 things you can see**

**Name 4 things you can hear**

**(e.g., the sound of your skates on the ice)**

**Name 3 things you can feel**

**(e.g., the sun on your face, wiggle your toes and feel them in your skates)**

**Name 2 things you can smell**

**(e.g., fresh air, the ice/rink, your shampoo, dinner cooking)**

**Name 1 thing that would taste good.**

We recommend practicing this technique each day during routine tasks such as while walking your dog or during a practice session on the ice. As you run through your senses each time, you will find yourself more in tune with the present moment. As you do more practice, it will become easier to use this technique to draw yourself back to the present when needed (e.g., when worrying about a competition that is a week away).

# CONFIDENCE

## Reflection Questions:

What message or feedback do you give to your athletes that show you believe in them?

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What messages or feedback do you give to your athletes that might plant a seed of doubt in themselves/their abilities?

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## Ideas to Build Confidence:

- Consider the opportunities for encouraging process and progress, rather than outcomes.
- Let them struggle and pick themselves back up when they are failing
- Praise effort
- Compare athlete to themselves, not others
- Remind athletes of their improvement.

## **Ideas to Build Confidence:**

- Encourage your athletes to create a list of affirmations or positive statements to say to themselves.
- Brainstorm or talk through how an athlete would like to struggle- when things are hard, how should we handle it? When do you want me to support you? What do you want me to say?
- Remind your athlete about what makes them awesome in sport and beyond- remembering the bigger picture can support moving through tough stuff.