

# SKATE MANITOBA

## VIDEO 8 -

### INTERPERSONAL COMPETENCIES - CLOSE OTHERS & EXTENDED NETWORK



## ATHLETE/PARENT-COACH RELATIONSHIPS

### 5 Tips for Effective Communication

**1. Disarming Technique:** Find some truth in what the other person is saying, even if you don't agree.

Example: "You're right, this has been a tough training session"

**2. Empathy:** Acknowledge how the other person is thinking and feeling. Paraphrase their words and relay back to them. This helps them to feel heard.

Example: "I can see you're feeling frustration. I hear you're feeling defeated".

**3. Assertiveness:** Use an "I feel..." statement to share your feelings.

Example: "I feel frustrated when ...."

**4. Inquiry:** Ask questions to learn more about how they're feeling. Brainstorm together about how to manage the situation.

Example: "That sounds really important. Tell me more about what has been going on for you".

**5. Stroking (Positive reinforcement):** Find something genuinely positive to say that conveys respect and ends things on a positive note.

Examples:

It took a lot of courage for you to come share this with me

I really admire the initiative you are taking

I know it wasn't easy for you to come ask for help.

I respect your honesty

# SOCIAL MEDIA AND COMMUNICATION GUIDELINES

## When social media use becomes a problem:

- Time management/monitoring
- Muting or unfollowing accounts that are no longer serving you
- Have a goal for what you want to get out of your time on SM rather than aimless scrolling
- How do I feel after spending time on social media?
- Adding in mindfulness around my usage
  - Breathing/Meditation
  - Going for a walk
  - 5 senses skill (refer to previous handout)
  - Drawing, journaling, etc..
  - Connecting with family/friends

## Thought Record:

If you are noticing the pressure of social media impacting performance a thought record is a great tool to unpack these thoughts. Social media can harness our performance by comparing ourselves to others, creating unrealistic expectations, added pressure, etc..

A way to diffuse these thoughts is by challenging them by following a thought record!

## TESTING YOUR THOUGHTS (Example)

This worksheet is a version of a Dysfunctional Thought Record.

What is the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How much do I believe it?      a little      medium      a lot      (or rate 0-100\_\_\_\_)

How does that thought make me feel?    angry      sad      nervous      other\_\_\_\_\_

How strong is the feeling?      a little strong      medium      very strong      (or rate 0-100\_\_\_\_)

What makes me think the thought is true? \_\_\_\_\_

What makes me think the thought is not true or not completely true? \_\_\_\_\_

What's another way to look at this? \_\_\_\_\_

What's the worst that could happen? Would I still live through it? \_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What will probably happen? \_\_\_\_\_

What will happen if I keep telling myself the same thought? \_\_\_\_\_

What could happen if I changed my thinking? \_\_\_\_\_

What would I tell my friend \_\_\_\_\_ if this happened to him/her/them? \_\_\_\_\_

What should I do now? \_\_\_\_\_

How much do I believe the negative thought now?    a little      medium      a lot      (or rate 0-100\_\_\_\_)

How strong is my negative feeling now?    a little strong      medium      very strong      (or rate 0-100\_\_\_\_)

Derived from the Beck Institute

## TEAM ENVIRONMENT

Take some time to reflect and your culture. Who can you check in with to provide their opinion? Are you open to hearing from others or does that feel stressful to you? Notice your thoughts on this and try and take an open and curious stance as you review these questions.

- What is the vibe of the team/club?
  - How is this created?
  - Who is involved?
  - How do we hold ourselves accountable to things we say we stand for?

### ATHLETE TO ATHLETE

- How do athletes view one another?
- How are athletes interacting with one another? (*e.g., supporting, teaching, not talking, led by jealousy/envy*)
- How do we connect with one another?
  - *What opportunities are available?*
- What happens when new athletes join?
  - *How do they get to know the culture? What is explicit and what is implicit?*



### ATHLETE TO COACH

- Everyone brings and needs different things. How do we honour that?
- Is there a customized approach to athletes? (*e.g., for introducing new skills, coaching, giving feedback, caring about the human*)
- How do you collect information about athletes? (*e.g., is there a formal process or something that you learn over time?*)
- How do you create space for open communication?

## TAKE A TEMPERATURE CHECK ON YOUR CULTURE