



Mindset

What is mindset?

Mindset can be described as the mental attitude people have about themselves, their intelligence and their abilities.

Why does it affect people taking part?

An individual's mindset will affect how they engage and respond to activities in a session. Some people may embrace a challenge, whereas others may run away from it.

What can coaches do?

- Understand that not all people in your session will have a positive mindset.
- Observe and identify where people seem to feel most challenged in a session.
- Take time to show the process of learning in any demonstration. This indicates that learning new things can take time, effort and that mistakes will be made. Making mistakes is normal and helps people to learn.
- Provide positive feedback to people in your session who try new things and move out of their comfort zone, even if this is only by a little bit.
- Talk to people about their thoughts and feelings about their progress.

Questions for Coaches to Use for Self-reflection

What behaviours (positive and negative) do you observe in your sessions?

What did you do differently as a result of noticing different behaviours?

How do people feel about your session:

- before arriving, upon arrival, during and after?

How does your language influence anxiety, confidence and mindset?

What positive emotions and emotional barriers have you observed?

Top Tips for Coaches

Have another coach observe your session. It might give you a different perspective.

Ask people about how they think about themselves.

- Are you up for a challenge?
- How far out of your comfort zone are you willing to go?

Questions you could ask:

- What's your best part of the session? How does it make you feel?
- What's your worst part of the session? How does it make you feel?
- What are the things that make you come back?
- What are the things that would make you stop coming?

Simplifying your language is a good way to reduce people's anxiety and increase their confidence in understanding what you are saying.

Making sure people understand is a good way to help them feel positive about what they are doing and learning to do.

Avoid jargon.

Keep explanations short and simple.