



# Understanding Self

## Kickstarter

Name:

Date:

## Kickstarter Checklist

**Kick off your learning journey with the Understanding Self guide.**

### Coaching Essentials

Equip yourself with coaching essentials to drive your continuous improvement and performance

- Developing Your Coaching Philosophy
- Understanding and Managing Your Stressor
- Leadership
- Additional Stretch Activity

### Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Coach as a Learner
- Self-Awareness and Regulation
- Additional Stretch Activity

### Coaching Extras

Explore deeper insights to apply in your coaching practice with Coaching Extras

- Coaching as a Business
- Additional Stretch Activity

## Coaching Essentials

### 1. Developing Your Coaching Philosophy Reflection

Consider your philosophy. Take the time to stop and reflect on how it has evolved over time.

- Why did you start coaching?
- What is your motivation?
- How would you describe your coaching philosophy?



### Have a go

Write down your coaching philosophy in a short paragraph, bullet notes, or even a voice recording.

## 2. Understanding and Managing Your Stressors



### Have a go

What two things influence your stress levels as a coach (for example competitions)?

1.

2.

Write down two examples of what you can do to manage this.

1.

2.

### 3. Leadership

There are a variety of different leadership styles, including:



#### Example



### Have a go

Plot where you are on the line.

Write down three examples to support this in your coaching.

1.

2.

3.

### **Additional Stretch Activity**

Have a conversation with a peer, another coach, a participant and a parent or carer about your leadership style.

Which style(s) do they think you spend most of your time in?

1.

## Coaching Enhancements

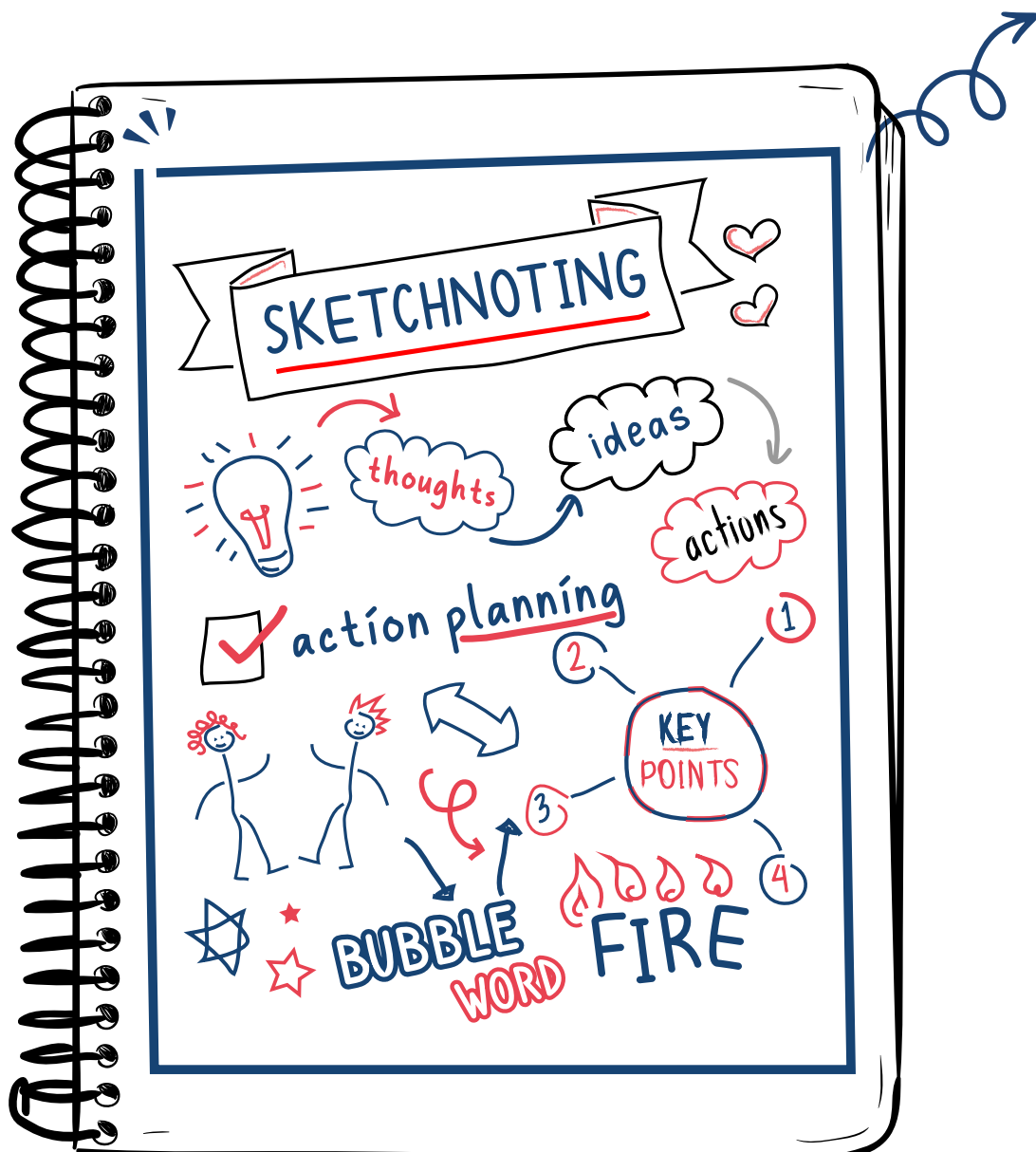
### 1. Coach as a Learner



#### Have a go

What is your 'go-to' way of learning? Think of the Ways of Learning. Challenge yourself to explore a different way of learning.

Next time you are taking notes in a meeting or doing some learning, you could try dual coding by sketchnoting, a method of sketching images and words that can help you remember the key messages.



## 2. Self-Awareness and Regulation



### Reflect

Self-awareness is crucial for a coach, especially when giving feedback. Reflect on your preferred way of giving feedback (for example in the moment, at the end of a session, to an individual, or a group) and consider how well it's received.

If you could plan this, how would you do it differently?

### Additional Stretch Activity

Often coaches juggle many things, time is a precious resource.

Set aside time listen to a podcast from outside of your sport or coaching field.

### Ted Talk

## Coaching Extras

### 1. Coaching as a Business



#### Reflect

What is your personal brand as a coach?

Try and list 10 words that you would recognise as your brand identity.

Highlight the main three. When you next coach, consider whether you were a great brand ambassador.

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#### Additional Stretch Activity

What would people say about your brand and or your organisational or team culture?

Think: what would they see, say, feel when telling someone about it?

**See**

**Say**

**Feel**

## Notes