

## Ten Steps to a Successful Holistic Development Environment

	Adapt your environment policies to include definitions of success which feature holistic development.
	Plan daily sessions with objectives reflecting the three domains of holistic development.
	Deliberately foster life skill teaching moments with a combination of deliberate-implicit, deliberate-explicit strategies and non-deliberate-explicit.
	Work <b>with</b> parents as an anchor stakeholder in Holistic Development.
	Communicate regularly with external stakeholders such as other coaches or school contacts, to gather information and align objectives.
	Seek to develop athlete empowerment, particularly their skills and confidence to have a voice. Support athletes to become the athletes and people they want to become.
	Create a culture of positive mental well-being. Explicitly and regularly discuss this with athletes and empower all involved to have awareness and concern.
	Learn about athletes' lives, enabling personalised development and an improved ability to care.
	View internal (peers in the same environment) and external (peers in other environments) competition as development tools, not unquestioned and for the sake of sporting norms. Always justify 'why' for competition.
	Foster a culture of peer support with those of the same and other ages or stages of athletes. Create formal and informal role model interaction opportunities.

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