



# Relationships

## Kickstarter

Name:

Date:

## Kickstarter Checklist

### Coaching Essentials

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

- Building Positive Relationships
- Building Your Network
- Effective Communication
- Additional Stretch Activity

### Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Effective Communication
- Crucial Conversations
- Additional Stretch Activity

### Coaching Extras

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

- Effective Communication
- Additional Stretch Activity

## Coaching Essentials

### 1. Building Positive Relationships



#### Reflect

Reflect on your relationships with the parents and carers of the participants you coach.

What would they say about the relationship they have with you?

- Do they know your role as a coach?
- Are you approachable?
- Have you set clear boundaries?
- How do you communicate with them? Do you have an approach when parents/carers ask to speak to you?
- Do they know which other staff to contact? (Team Manager, Coordinator, Assistant Coach)

How important do you consider these relationships in your role?

Have your relationships with parents/carers affected your motivation to coach?

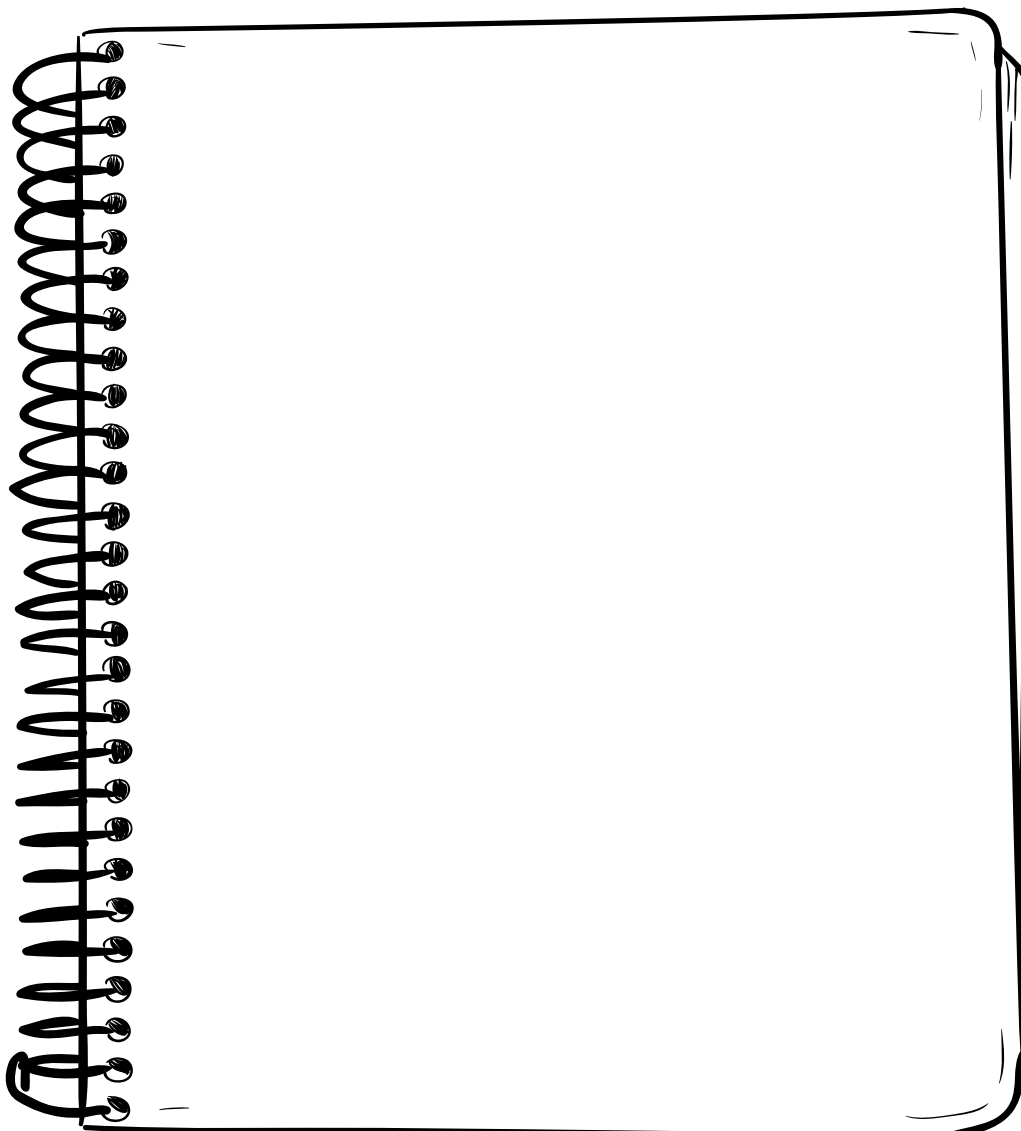
## 2. Building Your Network



### Consider

Most coaches have a network of people they trust and can call upon. Have a go at mapping out and reflecting on your networks:

- Who do you network with? How diverse is your network?
- What information do you exchange with them or what type of support do they provide- it is technical or personal support?
- How strong are those relationships?
- Who is missing, can you identify any gaps in your network?



### 3. Effective Communication



## Reflect

Take a moment to reflect on your communication with your participants: How effective is your communication in developing connections with your participants? What works for you? What do your participants respond to? What are their preferences? How does your style differ to meet the needs of individuals?

## Additional Stretch Activity



### Have a go

#### Positive Relationships

Establishing clear expectation and boundaries with the people you coach as individuals and groups is very important. Before arranging a meeting, take a moment to write down your expectations and non-negotiables as a coach.

## Coaching Enhancements

### 1. Effective Communication



#### Consider

Do you have a communication plan?

Do parents and carers and participants know:

- how you prefer to be contacted? Text, Face to face? Email?
- when should they contact you? Before practice? Text in advance and a conversation after practice?
- if you would you prefer to have the conversation with the parent/ carer first or all together?
- the 'window' to contact you? What times of day? What days?
- how long to wait for an acknowledgement or response?

## 2. Crucial Conversations



### Consider

Have you ever put off a crucial conversation? What happened as a result?

How do you approach crucial conversations?

Use the template **to create your own plan for a** crucial conversation.

Remember: having a plan before you need it is great preparation and awesome planning.

<p><b>Before</b></p> <p>(When, where, who needs to attend, what will you say)</p>	
<p><b>During</b></p> <p>(Manage your emotions, be prepared to adapt, what are your compromises, be empathetic and listen to understand)</p>	
<p><b>After</b></p> <p>(Follow up actions, who needs to be informed of the decision, arrange any follow ups, evaluate the conversation)</p>	

## Additional Stretch Activity



### Have a go

#### Positive Relationships

How well do you really know your participants? Play our full house bingo. In a week select a bingo question below, can you ask every participant the question informally during the sessions, that week. You can make it fun by trying to remember their answers at the end of the final session.

- How many siblings do they have?
- What is their favourite colour?
- When their birthday is?
- Who has a pet?
- What other sports or physical activities they participate in?
- Who they live with at home?

## Coaching Extras

### 1. Effective Communication



#### Reflect

How often do you reflect on your communication to connect in contrast with your communication on technical and tactical elements of coaching?

How do you approach communication problems within your coaching relationships?

## Additional Stretch Activity



### Have a go

#### Effective Communication

Record yourself during a session, this could be with a video camera or simply a voice recording on a smart phone. Look or listen back to the session. Was this how you expected it to be? Ignoring your voice, yes, we all hate how we sound, what things would you change in your next session. Think about how you interacted, who you interacted with, the tone of your voice, your body language and did you manage to smile! Capture your reflection notes below and plan these into your next session.

## Notes