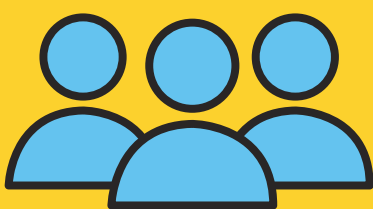


COACHING CHARACTER

THE TEAM

Getting started with your team

Here is a process that a coach could use to intentionally coach character with their team. Remember also to take time to get to know your players as individuals and to understand their WHY.



Step 1 - Who are we as a team?

WHY are we here together as a team?
WHAT do we want to accomplish?
WHAT will we commit to?



Step 2 - Select some character strengths that the team wants to exemplify that connect to the team's purpose (Step 1)

Select a range of characteristics that connect to how the team want to play or perform and how they want to relate or connect to others.



Step 3 - What do the selected character strengths mean to the team?

Come up with the team's definition of what each character strength means.



Step 4 - Behaviours that would be visible when your team are displaying their character strengths

What do your character strengths look like and sound like in your team environment?
Both on & off the field/court, in training activities & games. Outside of the team environment
What behaviours would someone watching your team to be able to see or hear?



Action time !!!

Once everyone is really clear, it's time for your team to start living your team's character strengths. When you see it done well - celebrate it !!! If it's off track work with the team to make adjustments. Keep the conversations going on how we're living the agreed behaviours



Reflect

Take time to reflect and discuss how the team or individual players are going