

COACHING CHARACTER

THE COACH

It starts with you

In sport, coaches have a unique setting to be able to coach character to their athletes and teams. The behaviours and actions that you model get seen and noticed by your athletes.



Step 1 - Who are you?

Take time to reflect and think about you as a coach.
WHY do you coach?
WHAT do you want to accomplish?
WHAT will you commit to?
You could also take the free online character assessment - <https://www.viacharacter.org/>



Step 2 - Use the information from Step 1 to select some character strengths that you want to display as a coach

Select a range of characteristics that connect to how you want to be as a coach and how you want to relate or connect to others.



Step 3 - What do your selected character strengths mean to you?

Come up with your own definition of what they mean.



Step 4 - Come up with clear behaviours that would be visible when you are displaying your character strengths

What do your character strengths look and sound like in your environment?
What behaviours would someone watching you be able to see or hear?



Action time !!!

Once you're really clear, it's time to start living your character strengths in your coaching.



Reflect

Take time to reflect on how you're going - what you're doing well & what you may need to adjust or change.