



EDUCATE. EMPOWER. INSPIRE.

Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.



Assignment

Coaching with Care: Practicing Kindness and Respect

Purpose

Sport is full of emotional moments, both positive and challenging. Coaches who take time to reflect on and practice how they will respond to these situations are more likely to lead with care, model respectful interactions, and foster a team environment built on kindness and mutual respect.

Learning Objectives

- Recognize coaching and teaching behaviors that contribute to a caring, respectful, and inclusive sport environment.
- Apply strategies for responding to common coaching situations with kindness, empathy, and professionalism.
- Reflect on your own coaching/teaching practices and identify opportunities to strengthen mutual respect and positive relationships.
- Explain how intentional coaching actions influence athlete well-being, belonging, and the overall athlete experience.

Assignment

1. Create a list or toolkit of coaching/teaching strategies that model and demonstrate care.

2. With a partner or small group, practice responding to the [Coaching HER scenarios](#). Use your toolkit to support your responses.
3. After you and your partner/group have had time to practice responding, use the discussion questions at the bottom of each scenario to guide a discussion on additional ways you could respond?
4. Write a reflection of the experience. Respond to the following prompts:
 - What did you learn about yourself?
 - What surprised you?
 - In what areas do you want to continue to learn and grow?
 - What things can you do to grow your capacity as an educator or coach to handle challenging situations with care?
 - What intentional strategies will you implement in your future classroom or with your team to encourage and promote care among classmates/teammates?
5. Complete your reflection with a brief response to your understanding of how intentional coaching/teaching actions influence athlete well-being, belonging, and the overall athlete experience.