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

Assignment

Create a Growth Mindset Playbook

Purpose

As a future coach or teacher, one of the greatest gifts you can give your athletes or students is the confidence to embrace challenges, learn from mistakes, and believe they can improve through effort and practice. This assignment will help you develop a practical tool kit that you can use throughout your coaching or teaching career to intentionally create a growth mindset culture.

Learning Objectives

- Define a growth mindset and how it relates to your coaching/teaching philosophy.
- Explain the role a growth mindset plays in growth, confidence, and long-term participation.
- Develop strategies that help athletes and students view mistakes as opportunities for growth.
- Create coaching and teaching language that reinforces effort, persistence, and improvement.
- Design a plan for intentionally modeling and teaching a growth mindset.

Assignment

Create a **Growth Mindset Playbook** that you could use during your first year of coaching or teaching. Your playbook should be practical, organized, and filled with strategies you can immediately implement.

Include the following sections:

1. Growth Mindset Definition & Teaching/Coaching Philosophy

- In your own words write your definition of a growth mindset and the role it plays in teaching, coaching, and learning.
- Create your “Why I teach/coach” statement

2. Growth Mindset Language

- Create a list of 10 phrases you will intentionally use that reinforce a growth mindset.
- List 10 phrases you will avoid because they promote a fixed mindset.

3. Responding to Mistakes

Create a guide describing how you will respond when:

- An athlete makes a mistake.
- An athlete repeatedly struggles.
- A teammate criticizes another athlete.
- A student or athlete becomes frustrated.
- You make a mistake as the coach or teacher.

4. Teaching Athletes About Growth Mindset

Design one lesson or team activity that teaches athletes:

- What a growth mindset is.
- Why mistakes matter.
- How to respond after mistakes.
- How teammates should respond when others make mistakes.

Include discussion questions and a reflection activity.

5. Recognition Plan

Describe how you will intentionally recognize:

- Effort
- Improvement
- Persistence
- Courage
- Problem-solving
- Resilience

Include examples of awards, shout-outs, end-of-practice recognitions, or reflection activities.

6. Parent Communication

Write a parent communication introducing families to your philosophy.

Include:

- Why mistakes are part of learning.
- How you will respond to mistakes and teach athletes to respond to mistakes.
- Why do you value effort as much as performance?
- How parents can reinforce a growth mindset at home.

7. Modeling Growth Mindset

How will you model a growth mindset when:

- A practice doesn't go well?
- Your lesson fails?
- Your team loses?
- You make a coaching mistake?

Describe how your response will teach athletes resilience and model continuous growth.

Final Product

Submit your completed **Growth Mindset Playbook** as a professional resource that you can continue adding to throughout your career.