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STUDY GUIDE

Caring Climate Module 1: Recognizing a Caring Sport Climate

Learning Objectives:

- Explore what a caring sports climate is and how coaches implement it in practice.
- Identify the experience girls and coaches have in a caring sports climate.
- Understand the myths around caring in sport coaching.
- Reflect on the caring sports climate in your own coaching practice.

Reflect:

- When you think about the most positive team environment you've been part of, what made it feel *caring*?
- What behaviors from coaches signal to athletes that they are genuinely cared for?
- How do athletes typically respond emotionally and behaviorally in a caring sport environment?
- How can coaches show that they valued athletes beyond performance?

Review:

- What are some of the benefits girls gain from participating in a sports environment where they feel connected and cared for?
- Caring sports environments don't just happen. What intentional things can coaches do to ensure they are creating a caring climate for their athletes?
- What is the difference between a caring climate and a task-involving climate?
- What does a caring sports climate look like, feel like, and sound like?

- What are the myths around creating a caring sports climate?

Discover:

- What are 1 or 2 daily or weekly actions you could put into action now to foster a caring sports climate on your team?
- Ask your athletes to share how they feel about your team environment? Reflect on what is going well and what things you could do as the coach to improve the team climate?
- What insights can you gain from common myths about building a caring sports culture?

Take Action:

- Identify a person who can support you in creating and sustaining a caring sports environment.
- Use the *“What a Caring Climate Looks Like, Feels Like, and Sounds Like”* checklists from the module as a reflection tool. What things are you doing on your team and what areas could you slowly begin to implement to improve your caring climate?
- Ask a trusted friend or colleague to observe a practice for these indicators of caring:
 - ☐ Informal conversations with girls about their life outside of sport
 - ☐ Messages you send about what you are doing in practice and how it will help girls achieve their goals
 - ☐ Times you tell a girl she is a valued member of the team
 - ☐ Provided feedback to support improvement
 - ☐ Highlight effort
 - ☐ When and how you ask girls to support and encourage each other