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STUDY GUIDE

Caring Climate Module 2: Mutual Kindness and Respect is Fostered and Valued

Learning Objectives:

- Explore what Mutual Kindness and Respect looks like.
- Identify strategies coaches can incorporate into their coaching practice to model and show genuine kindness and respect towards athletes, officials, opposing teams, etc.
- Reflect on the steps you are taking to model kindness and respect, to teach kindness and respect, and to encourage your athletes to demonstrate kindness and respect.

Reflect:

- When you think about the most caring coach you've had/known; what characteristics stand out most to you about this person?
- What behaviors do caring coaches engage in?
- Think about a time when you witnessed a coach lose their composure. How did the coach respond afterward, and what impact did that response have on the athletes?
- What non-verbal signals do coaches communicate during practices and games? How do these signals influence girls' sport experience?

Review:

- Why does fostering mutual kindness and respect matter for coaches and their athletes?
- What are some of the positive outcomes girls experience when participating in a caring sport environment?
- What strategies can coaches incorporate into their coaching practice to foster and apply mutual kindness and respect?

Discover:

- How can you ensure athletes treat one another with kindness and respect, regardless of skill level, playing time, or role on the team?
- How will you teach athletes to respond when a teammate makes a mistake?
- How will you encourage athletes to recognize and appreciate the contributions of others?
- How might you address disrespectful comments, teasing, gossip, or exclusion when they occur?
- What team norms or expectations will reinforce kindness and respect?
- How will you help athletes understand the impact their words and actions have on teammates?

Take Action:

- Observe a team or practice. Note ways in which athletes are showing kindness towards one another and which athletes may feel left out. Reflect on things you might do as a coach to foster and encourage the kindness you see and things you could do to ensure all athletes feel valued and included.
- Create a reflection tool for yourself to check in "*Did every athlete feel seen, heard, and valued today?*"
- Brainstorm opportunities you can intentionally create for athletes to encourage and support one another?
- Plan for ways you can strategically meet with individuals to get to know them, gather feedback, and check in periodically.
- Develop a system for regularly meeting with athletes to build trust, gather feedback, and strengthen connections throughout the season.