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



STUDY GUIDE

Caring Climate Module 4: Mistakes are Part of Learning

Learning Objectives:

- Explore why athletes make mistakes
- Discover ways coaches can respond to athletes' mistakes.
- Learn what the research says about girls and making mistakes.
- Develop strategies to teach and model healthy responses to mistakes for girls.

Reflect:

- How do you respond to mistakes? What might this look like to an observer?
- Can you think of a time you or a teammate could have used a mistake ritual? How might a mistake ritual have eased the moment?
- How does helping athletes respond to mistakes influence their growth and enjoyment in sport?
- Have you ever been explicitly taught strategies for responding to your own mistakes or the mistakes of your teammates? What role might these strategies have played in your experiences with sport?
- Why is it important for coaches to teach athletes how to respond to mistakes?

Review:

- What are some reasons athletes make mistakes?
- What consequences can shaming or calling athletes out for their mistakes have on them?
- What things can coaches and teachers do to help athletes view mistakes as part of learning?

- How can coaches and teachers model healthy responses to their own mistakes?

Discover:

- What is a growth mindset, and how does it influence the way athletes respond to mistakes?
- How can you help athletes respond to both their own mistakes and their teammates' mistakes with encouragement, empathy, and respect?
- How can coaches create a team culture where mistakes—both personal and teammates'—are viewed as opportunities to learn and grow?
- How will you create mistake rituals with your team?
- What team norms or expectations will your team need to embrace mistakes as part of becoming better athletes and people?

Take Action:

- Think about how you respond when you make a mistake. Do you become frustrated, embarrassed, or self-critical? Practice reframing mistakes as opportunities to learn so you'll be prepared to model that mindset for your future athletes or students.
- The next time you're leading a lesson or activity and make a mistake, model a healthy response. Acknowledge it, laugh if appropriate, adjust, and move forward. Your future athletes will learn as much from your response as from your instruction.
- Write a short statement describing how you want athletes to feel when they make a mistake on your team. Then identify three coaching strategies that will help create that environment.
- Create a list of teacher/coach responses to mistakes
- Brainstorm intentional opportunities you can create for athletes to practice responding to mistakes one another?