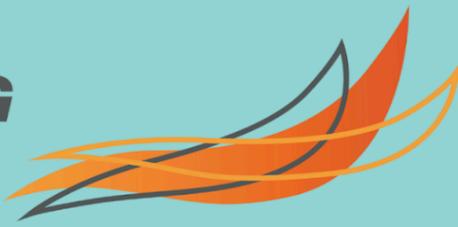


**COACHING
HER™**



EDUCATE. EMPOWER. INSPIRE.

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



Reflection Assignment: Coaching from a Place of Body Confidence

Purpose

As future coaches and teachers, your beliefs and attitudes about body image directly shape how you support and communicate with athletes or students. This reflection activity invites you to explore your own experiences and growth around body image and to connect that understanding to your future role as an educator or coach.

Learning Goals

- Develop self-awareness about your own body confidence journey.
- Recognize how personal experiences shape your perceptions, language, coaching and teaching style.
- Identify actionable ways to model and promote positive body image in sport or educational settings.

Journal Prompts

Use these guiding questions to structure your reflection. You do not need to answer every question directly — use them as inspiration to tell your story and connect it to your coaching or teaching philosophy.

1. Personal Reflection

- Describe your own body journey. What level of body confidence do you feel you have and why?
- How has your relationship with your body evolved over time?

- What can your body uniquely do?
- What moments, messages, or experiences (in sport, school, or society) have shaped your body image (good or bad)?
- How do you define body confidence for yourself today?

2. Growth and Awareness

- How has your understanding of body image changed as you've learned more about coaching, teaching, and/or athlete well-being?
- In what ways have you noticed body image affecting confidence, motivation, or performance in yourself or others?
- What internal beliefs or habits would you like to continue working on to strengthen your own body confidence?

3. Application to Coaching and Teaching

- How can you model positive body image in your role as a coach or teacher?
- What strategies or language can you use to encourage body respect and diversity among athletes or students?
- How can you create an environment where confidence, health, and effort matter more than appearance?

Format and Requirements

- Typed reflection or a 3 minute audio/video journal
- Tone: Reflective and authentic; focus on insight, growth, and connection to practice rather than perfection
- Confidentiality: Your reflection is personal and will be reviewed with respect and confidentiality