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



Assignment: Extend Your Learning — Building Body Confident Teams and Environments

Purpose

The *Body Confident Coaching* modules introduced key ideas for helping athletes develop healthy relationships with their bodies and performance. This assignment challenges you to extend your learning by exploring new research, articles, or media that expand your understanding of body confidence, athlete well-being, and positive coaching culture.

You will analyze how these additional perspectives connect to your learning from the *Body Confident Coaching* modules and reflect on how they can influence your future coaching or teaching practices.

Learning Goals:

- Deepen your understanding of the principles from *Body Confident Coaching Modules*:
 1. *Introducing Body Image*
 2. *Tackling Negative Body Image*
 3. *Promoting Body Confidence*
- Explore new perspectives and strategies for fostering body confidence and body respect in sport.
- Identify actionable ways to create inclusive, empowering environments for all athletes.

Step 1: Choose Three Resources

Select three additional resources or scientific literature (found at the end of each Body Confident Module) that relate to body confidence and athlete well-being.

Step 2: Summarize and Reflect on Each Source

For each of the three sources, provide a summary that explains:

- The main message or argument of the source.
- Key ideas, data, or recommendations that stood out to you.
- How this source connects to or expands on ideas from *Body Confident Coaching*.

Step 3: Synthesize and Connect Your Learning

After analyzing all three sources, write a synthesis where you connect your new learning to your understanding of body-confident coaching. Use these guiding questions:

- How do these resources reinforce or challenge what you learned in the modules?
- What new insights did you gain about coaching or teaching for body confidence?
- How can this extended learning help you create more inclusive, empowering sport environments?
- What specific actions, strategies, or language will you use as a coach or educator to support body confidence in your athletes or students?

Step 4: Share Your Extended Learning

Choose one of the following ways to present your learning:

- Written summary paper combining your source summaries and reflection.
- Digital visual (infographic, Canva poster, or presentation) connecting module learning and new ideas.
- Recorded reflection where you share key takeaways and how you'll apply them in your future practice.

Guiding Prompts

- What are the strongest messages you took from the *Body Confident Coaching* modules?
- Which ideas from your new sources align with those lessons?
- Which new perspectives challenge or deepen your thinking?
- How will you use this knowledge to shape team culture, communication, and athlete development?