



EDUCATE. EMPOWER. INSPIRE.

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



Coaching HER® Foundational Module 1: Developing Girls in Sport

KEY TERMS

Asset

A useful, positive, or desirable outcome or benefit.

Psychological Assets

Assets related to self perceptions such as self-efficacy, confidence, self-esteem, perceived physical competence, self-worth, and favorable body esteem.

Emotional Assets

Assets related to the emergence of the experience, expression, understanding, and regulation of emotions, such as: understanding what feelings and emotions are, understanding how and why they occur, recognizing one's own feelings and those of others, and developing effective ways for managing those feelings.

Social Assets

Assets related to interacting with others such as: teamwork, cooperation, conflict management, decision making, social capital/popularity, leadership, boundary setting, and ability to make meaningful, close friendships.

Moral Assets

Assets related to understanding what is right and wrong within society, basis in social and cultural norms, and laws and rules such as: knowing and then acting on what is right, fair and just, treating others with respect, and following the rules of sport.

Physical Assets

Assets related to physical health and well-being such as: motor skills, knowledge about movement, movement literacy, movement competencies, developing physically active lifestyles and physical health (bone strength, cardiovascular fitness, muscular strength).

Academic Assets

Assets related to achievement in school such as: higher educational aspirations, better school attendance, higher grades, increased school completion and college attendance. Assets related to work ethic, achievement and success in the workplace or career. These include success entering and advancing in the labor market, and in high-paying, male-dominated occupations.

Occupational Assets

Assets related to work ethic, achievement and success in the workplace or career. These include success entering and advancing in the labor market, and in high-paying, male-dominated occupations.