



EDUCATE. EMPOWER. INSPIRE.

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

Coaching HER® Foundational Module 3: Coaching Girls

KEY TERMS

Bias

Affects how we perceive, think and evaluate people and what we believe about them. Gender biases are stereotypical beliefs about individuals on the basis of their sex or gender, particularly as related to the differential treatment of girls/women and boys/men.

Nature + Nurture

Relative contribution of both genetics (nature) and the environment (nurture) in influencing human behavior, such as personality, cognitive traits, temperament and psychopathology.

Socialization

The process of learning to behave in a way that is considered acceptable in one's society. It includes the ways that children come to understand societal norms, expectations, and beliefs and become aware of societal values.

Stereotypes

A generalized belief about characteristics of a group of people based on gender, race, nationality, age, and/or sexual orientation. These characteristics tend to be oversimplifications of the groups involved and may or may not be true.