



Coaching HER® Foundational Module 6: Supporting Girls' Needs

KEY TERMS Flashcards

<p>Extrinsic Motivation</p>	<p>Doing something as a means to an end, to get a reward, not because it is fun or enjoyable.</p>
<p>Intrinsic Motivation</p>	<p>Doing something that is rewarding, fun and enjoyable to do, just for the sake of doing it. The primary 'reward' is the pleasurable feeling of interest or enjoyment of doing the activity.</p>
<p>Psychological Need</p>	<p>A psychological nutrient that is essential for girls' growth and necessary to live a healthy, fulfilled life.</p>
<p>Care</p>	<p>[Relatedness] the experience of warmth and bonding, satisfied by connecting to and feeling significant to others. This need is about feeling valued, known and needed. When we don't experience relatedness we can feel a sense of social isolation, exclusion, and loneliness.</p>
<p>Competence</p>	<p>The experience of effectiveness and mastery, developing, improving, and growing skills. Girls gain competence as they successfully engage in activities, experiences, and opportunities for using and extending their skills and expertise. When we don't develop competence, we can experience a sense of ineffectiveness, helplessness or even failure.</p>

Choice

[Autonomy] the experience of feeling self-determined, having choices and not feeling controlled. When girls feel a sense of autonomy, they feel in control of their actions, thoughts, and feelings. When we don't experience autonomy we can feel pressured and conflicted and pushed to do something we don't want to do.