



**ATHLETES MENTAL  
HEALTH FOUNDATION**

# 1X1 CHATS - ATHLETES & COACHES

PROMPTS TO TRY



“Coach, I can’t seem to find my flow. Are you able to help me figure out where the breakdown is?”



“Hey coach, I am having an increase in anxiety and worry around competition. I have been trying different strategies and want you to know what’s going on.”



“Coach, can we check in? I am not feeling connected to the team like I want and I am worried it is going to impact my motivation.”



“Coach, I have noticed my minutes have decreased. I am starting to really doubt myself and my ability. Can you give me some insight to what you are noticing about my game?”



“Coach, I am wondering if I can get some time to chat with you? I want to feel more connected.”