



# EMPOWER YOUR ATHLETE

## UNDERSTAND THEIR CONCERNS

What are they nervous about? In what ways can you advocate? And with whom?

### STRONG ATTACHMENT

Highlight your strong relationship and how you will be of constant support, regardless of performance.

Celebrate small successes and the harder days. Your consistency will confirm they can lean on you.

### DESIRED OUTCOME

Help them work backwards from *now* to where they want to be. This creates tangible and digestible steps.

It's similar to how a season is structured - working backwards from post season goals to train and prepare accordingly.

### A GROWTH MINDSET IS CRITICAL

Even with a solid plan, most plans change.

A growth mindset allows them to keep working and adapt vs. feeling defeated by the change of course.

## LEARN HOW THEY FEEL

Examples: when they are with their teammates, when they engage with their coach, after a hard training block

This allows you to offer tools and resources for how to respond, in a way that is most congruent with how they are feeling.

