



COMPASSION - STEP 1 GEARING UP

FOR COACHES

Our goal and intent is to help you. We are not interested in wasting your time or running you through things that have short term effect on yourself and those around you. We are about making your life easier and allowing you to have greater impact and influence.

In coaching, a topic like COMPASSION might seem soft and is probably not a hot topic as we sit around shooting the bull. So, let's try and make this topic personally relevant and meaningful for you.

Explore the following topics and jot down your thoughts.

On a scale ranging from 1-10 (1 being very little, 5 being average, and 10 being a ton) how much do you know about the topic of COMPASSION?

How has COMPASSION or a lack of COMPASSION played a role in your life?

Positive:

Negative:

In your own words, capture what COMPASSION means to you? (if you are doing this as a coaching staff, you might share your answers with each other. If you are walking your student-athletes through this, please ask them to share their answers)

As it relates to COMPASSION what roles do you currently play? (Coach, Spouse, Parent, etc.) Stretch yourself to come up with 3-5.

Either in your own life or someone else's, think of examples where COMPASSION was demonstrated?

Think of at least one student-athlete that comes to mind, that might need COMPASSION either from you or someone on your coaching staff?

What actions should be taken over the next 30/60/90 days to demonstrate we are committed to assuming our role of COMPASSION as a group?

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