



# The Wellness Program

## Month 1

## Putting the “I” in your coaching philosophy.

### *Revisit your coaching philosophy*

Consider personalizing it / putting “who you are” into it, develop by following these five steps:

1. Understand yourself and determine what is important to you.
2. Prioritize your values.
3. Identify your coaching objectives.
4. Express your coaching philosophy publicly.
5. Link your coaching philosophy to your coaching style.

**Coach NB invites you to post a video of yourself sharing your coaching philosophy statement aloud or to send in a written copy of your philosophy – highlighting your values and objectives!**

### **DETERMINING WHAT’S IMPORTANT**

The first step in developing a sound coaching philosophy involves self-reflection and understanding yourself. The key is to obtain self-knowledge. At the foundation, your philosophy is not about you as a coach but about you as a person. What lies at your core? What are your values? What is most important to you? To help determine this, brainstorm a list of the beliefs or values you feel are most important to you, then define them.

### **PRIORITIZING YOUR CORE VALUES**

Once you have identified your core values and beliefs, rank your top five in order of importance. Alternatively, you can assign a percentage to each core value (with the values adding up to 100%) or get creative - perhaps you want to depict your values in the form of puzzle pieces, where each piece represents a key core value. The pieces could be of similar size, suggesting similar levels of importance, or varied in size to indicate which are most important. If this approach appeals to you, consider also whether a certain piece might be located at the center to represent its importance.

### **IDENTIFYING YOUR COACHING OBJECTIVES**

The next step is to begin translating those values into effective coaching practice. Formulating good coaching objectives depends on aligning your goals with the core values that underlie your philosophy as well as the sport context in which you coach.

### **EXPRESSING THE PHILOSOPHY PUBLICLY**

Once you have identified your core values, beliefs, and coaching objectives, try writing them up as a cohesive statement. Then, consider sharing your philosophy with your athletes and their parents (if appropriate), as well as with other members of your coaching community.

### LINKING YOUR PHILOSOPHY TO YOUR COACHING STYLE

The final step is to consider the implications of your philosophy for your coaching style. Your style should be a direct reflection of both your philosophical beliefs and your personality. So, to link your philosophy with your coaching style reflect on the actions and behaviours you might be able to apply consistently across coaching situations. Also, consider what living by your values could look like/sound like under the various circumstances you may experience as a coach.

**Coach NB invites you to post a video of yourself sharing a few of the activities to which you will be committing this month that will allow you to strive for harmony between the various areas in your life.**

