

# BUILDING CONNECTIONS WITH ATHLETES THROUGH CARE

In an equitable environment, we want to meet all athletes where they are to ensure they have the opportunity to learn, feel cared for, and feel included. Here are some strategies to build connections with all athletes.

**POSITIVE  
COACHING  
ALLIANCE**<sup>®</sup>

## COACHES CAN:

01

Warmly welcome all athletes by name

02

Use moments before session for small conversations

03

Move around space to connect equitably with all athletes

04

Be curious, ask questions, seek multiple perspectives

05

Be present and listen to understand

06

Implement rituals that contribute to a positive environment

07

Share your own humanity, laugh at yourself, have fun

08

Reflect on your own attitude and beliefs to uncover biases

09

Use body language and gestures to communicate that all athletes' ideas are welcome and valued

10

Praise effort, not outcome

11

Observe constantly and notice if athletes are being included/excluded

12

Manage conflicts using conversation instead of punishment

13

Remember athletes' lived experience impacts how they show up, take a moment so you respond effectively instead of reacting

14

Set clear group expectations about how athletes treat themselves, each other, and the coach

**SPORTS DONE RIGHT CHANGES LIVES**

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