

# BRINGING EMPATHY TO YOUR TEAM

Wondering how you can bring empathy to your team? Follow the tips below to create that supportive, empathetic environment that all kids can benefit from!



## THINGS COACHES CAN SAY TO ATHLETES

- "What would it feel like if it happened to you?"
- "Try to understand what someone else is feeling."
- "What might they be feeling?"
- "Let's take care of each other."
- "I think you might be feeling this way, is this accurate?"
- "How are you feeling right now?"

## EXAMPLES OF COACHING WITH EMPATHY

### INSTEAD OF...

### TRY THIS...

Reacting to behavior and/or emotional displays.	→	Take a breath. Create team expectations and support your athletes to reach them. Acknowledge your athlete's feelings.
Assuming what is going on for an athlete.	→	Confirm with them. Double-check that you are reading the situation correctly.
Judging your athlete's behavior/emotion.	→	Believe them.
Trying to fix things.	→	Demonstrate care (i.e. a thumbs up, high five, "I hear you," "I understand," "That sounds difficult.")
Assuming your athlete's perspective.	→	Instead of placing your own experiences upon their situation, see the world through the athlete's eyes to understand their experience.
Giving athletes physical consequences.	→	Understand behavioral and emotional reactions tell a story and ask open-ended questions to support them. Set clear expectations and support athletes to reach them.