POSITIVE COACHING ALLIANCE



COACH SELF CARE

Creating a positive youth sports culture that sets your players up to succeed both on and off the field requires time, effort, consistency, and intention. It's important for coaches to take some time for themselves to avoid burnout. Without taking care of ourselves, we cannot take care of our players.

PRACTICE MINDFULNESS

Take time for yourself with intention; focus on your breath or take a walk.

PRACTICE PHYSICAL SELF-CARE

Get enough sleep, eat well, and exercise.

PRACTICE SOCIAL SELF-CARE

Find time to connect with family and friends.

PRACTICE SELF-REFLECTION

Take time to check in with yourself; connect with your emotions; look back and identify things you want to develop or change.