

# COACH SELF-REFLECTION – RELATIONSHIPS

A crucial part of intentionally developing positive, trusting relationships with your athletes is to reflect on the interactions you have with them. Reflection helps you identify where you can be doing more to connect and celebrate what is working. Use this worksheet to guide your reflection after practices and games.

Date:

Practice or Game?

**What is one interaction I had with an athlete today that I'm proud of?**

**What did I learn about that athlete?**

**Was there an interaction that I feel like I could have handled better? What happened?**

**How can I approach a similar situation better next time?**

**Did any of my personal biases or assumptions affect any of my interactions? If so, how?**

**Did anything from my day outside of the team affect how I showed up?**

**In general my tone and body language were:**

Positive and Encouraging

Neutral

Negative and Discouraging

**Next practice I want to focus on...**