

TIPS FOR INCORPORATING EMPATHY



IN THE WAY YOU COACH

- Help athletes identify and name their emotions.
- Actively listen to understand - maintain eye contact, face each other, ask open ended questions, and repeat back what you heard, i.e. "What I hear you saying is..."
- Demonstrate care to support struggling athletes or to celebrate a success.
- View empathy as a way of being, not a tool to use in certain situations.
- Be available before and after practice to connect with athletes.
- Be mindful of your body language and tone of voice.
- Share real life examples of empathy in sports and in the news.
- Remove judgment when giving feedback to athletes.
- Take a breath so you can thoughtfully respond, instead of letting your own emotions get the best of you.
- Don't make assumptions on how athletes are feeling, confirm with them.
- Thank athletes when they are sharing their feelings.

AMONGST TEAMMATES

- Give athletes the opportunity to give feedback to each other. Encourage positive and specific feedback.
- Help athletes identify commonalities between each other.
- Encourage athletes to see other perspectives, i.e. "What might that feel like?".
- Create pair and share opportunities for meaningful connection.

WITHIN ACTIVITIES

- Create skill development opportunities so athletes can see their own progress. Have teammates connect to and celebrate each other's accomplishments and support each other through struggles.
- Use cooperative games in practices, i.e. complete a certain number of passes before you can shoot.