

Reflective workbook – Who you coach

This template has been designed to complement the Community Coaching Essentials Skills – Who you coach module.

Use the template during or after the module to develop how you might get to know your participants, their motivations and how best to engage with them.

Whilst completing the Who you coach module, consider:

* how you can implement the information you learn from the module into your own coaching environment.
* how you can begin or further your own self-reflection as a coach.

Space is provided throughout this workbook for you to document your thoughts and ideas. If needed, you can enlarge the free text boxes by clicking anywhere in the box and dragging the bottom edge down.

## Creating a positive, safe and inclusive environment

* What does a positive, safe and inclusive sport environment look and feel like to me?

*Write here*

* What does a positive, safe and inclusive sport experience look and feel like to my participants?

*Write here*

* What challenges do I face in creating a positive, safe and inclusive experience for my participants and how might I overcome them?

*Write here*

## What to consider

* What motivates my participants to be involved in sport and why are they coming to my session/s?
* What might a successful session look and feel like and involve?
* What do I need to do to ensure all participants feel included at each session?
* What barriers and challenges might limit my participants ability to engage and participate throughout a session and what can I do to overcome these?

Develop a plan for creating a positive and engaging sport environment for everyone. Consider:

* individual capabilities and motivations of my participants
* how to include each participant
* my own ability to engage and motivate
* how to adapt the session to align with the various goals and objectives (e.g., enjoyment, participation, development, winning)
* how stakeholders can assist me to deliver a safe, inclusive and engaging sport environment.

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – Who you coach module and your responses in this workbook to come up with three statements that describe:

1. **How I CURRENTLY create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I WANT TO create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I will achieve my goal of becoming a more effective community coach.**

*Write here*

**Learn more about community coaching at** [**Community Coaching | Australian Sports Commission (ausport.gov.au)**](https://www.ausport.gov.au/coaching/community)