



TALENT
ID VIDEO
SERIES

YARDAGE BOOK
COACHES RESOURCE

The Ride Home

Chatting mental health with our kids doesn't have to be overwhelming.

Every coach can support their athletes as they both grow to become the best version of themselves. This means creating a space that encourages athletes to learn, be daring, put in effort, work through hard things, and strive in a positive manner.

Having intentional conversations following a performance can support your athletes in their journey. We invite you to be mindful about these ongoing conversations. Continue to check in and talk with your athletes, be open to hearing what they need and want from you and consider how you can be flexible so you can grow alongside them.

When it comes to debriefing or discussing challenging things with an athlete, it's important to be deliberate. Within the conversation, you can consider:

What you bring

Your history, the way you approach your work, your values, and being your best.

What they bring

Their history, the way they feel about the process, their values, future goals and where they are that day.

The experience

Influenced by your relationship and the process of sharing feedback during a debrief.

SCORECARD

Navigating the conversation

When it is appropriate, coaches can support athletes with navigating their thought processes following a difficult or successful performance. Coaches can guide athletes by encouraging healthy patterns of thinking and holding space for alternative perspectives. Coaches can do this is by:

- Linking back to values and the athlete's why
- Looking for hidden opportunities for a growth mindset
- Looking for positives and strengths
- Re-orienting to the controllables

This might look like:

- "Walk me through your process on hole 8."
- "Right, you've been wanting to prioritize practicing that. Sounds like you took the right steps there."

- "Are there things that you would do differently if you were in that same situation again?"
- "I really liked how you _____."
- "It seems like based on the wind and what you selected as your target, that was a pretty reasonable attempt. I really like how you reflected on _____ and have a plan to do _____ next time you're in that situation. I think this is a great thing to practice the next time you find yourself on a hole like this."

Moving in the right direction

Sometimes a conversation does not go in the direction you were hoping it would. If you are getting caught up or not getting where you would like to in the conversation, consider:

- Do I need to give up/take control?
- Do I need to speed up or slow down?
- Do I need to listen or express my thoughts?
- Do I need to be more willing to say yes, or hold steady?
- Are we giving appropriate space?

FOLLOW THROUGH

Let's get real. Sport is exciting, sport is hard, and sport is undoubtedly filled with emotion. Coaches can create a space for athletes to feel safe and accepted by first checking in with their own emotions and capacity. Before opening or continuing a conversation with your athlete, ask yourself...

- What is my comfort level for this type of conversation?
- What do I have capacity for?
- Do I need to calm myself before or during the conversation?
- How can I take care of myself after?

"As you play more and more golf there is more and more noise... people making comments on your swing or maybe they think that they can give you a tip. If the [athlete] can have trust in 1, 2, or 3 people, they're going to be a lot better off than having multiple streams of incoming advice or thoughts."

- Stuart Macdonald, Professional Golfer and member of Team Canada