



## Why is the Coaching COMPASS a Revolutionary tool that can transform the coaching profession?

*Most coaches are evaluated on their win-loss record and exit interviews of student athletes. What if there was a better way to foster healthy constructive feedback, communication, growth and success? What if we had a clear, intentional way to Coach our Coaches? Wouldn't everyone benefit if our coaches were trained professionals and felt supported?*

***We believe coaches are looking for the tools they need to be excellent. They are looking for self-awareness, skills and a community to share ideas and to give and receive support.***

*We know that if we can give coaches the skill sets they need, teach them to be deliberate and reflective in their process, and help them grow and feel a greater sense of well-being in their job, this has a positive DIRECT IMPACT on the student athletes they coach every day!*

***The Coaching COMPASS creates a way to “bridge the gap” that sometimes exists between athletic directors and coaches and/or head coaches and their assistants.***

### **How it Works:**

#### **Step 1: Assess**

Each coach fills out a Coaching COMPASS as a self-assessment and asks their staff, team and their direct supervisor to assess them as well (360 assessment).

#### **Step 2: Plan**

From the COMPASS results we develop an ***“Individual Professional Growth Plan”***. With the help of a True North Sports coordinator, we work together to set goals for a coach’s growth over the next year.

We also use the compass results to develop a curriculum for all of our coaches.

#### **Step 3: Practice**

Each coach working with the COMPASS will have access to our True North Sports



Coaching Education Portal. On this site there will be resources listed by the below 7 categories. This is the main resource we will use to help coaches work on their performance goals over the course of the year along with the personal 1 on 1 coaching.

**Step 4: Reflect**

Throughout the year, we will reflect on growth. Always improving, always growing!

**The COMPASS assesses the following seven areas and is a holistic approach to growth:**

- 1) **C**=Communication
- 2) **O**=Organization, Management, and Leadership
- 3) **M**=Moral and Character Skills
- 4) **P**=Professionalism
- 5) **A**=Associations and Relationships
- 6) **S**=Sport IQ
- 7) **S**=Self-Awareness

What are you waiting for Coach on the Rise coaches? Please consider doing a self-assessment and then at least one or two 360 assessments to get feedback on the “pulse” of your coaching right now! We will then have a gauge to start your growth plan. If you complete the self-assessment and 360 by August 18<sup>th</sup> you will receive your detailed COMPASS summary report by August 25<sup>th</sup>. We can’t encourage you enough to take this leap of faith in this program. Everything you need, including the email and directions, are attached to this email. Please let us know if you have any questions!