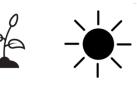
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Reflection and Growth Checklist: Coach, what do you struggle with?

Name:



Being a workaholic Comparing yourself to others Care too much about what others think about me Consumed by results Taking things personally/overly sensitive Getting over mistakes/losses quickly Burnout I'm not having a lot of fun Lack of self-awareness Accepting feedback from staff/ AD/head (values, philosophy, strengths, purpose for coaching) coach/athletes Expectations from others Giving feedback to staff/head coach/players Practice planning and execution Maintaining clear boundaries Game/Competition Coaching Being able to adapt in a new environment Confronting people - Afraid of Conflict Urge to be perfect Lack of Communication Skills Managing Staff (task delegation and follow up) Struggle connecting with this generation Managing Team (individuals & Team Culture) Identity outside of sport (Who am I without my job?) Managing Program (Budget, compliance, recruiting) Fear of failure Taking responsibility for my mistakes Lack of motivation Judgement (from self and others) I listen to the wrong voice in my head Judgmental towards other people (I am negative and hard on myself) Work- ethic Dealing with pressure coaching free Forgiving and forgetting - grudge holding The inability to ever please myself Making decisions (Never happy with my accomplishments) Accepting diversity in people Not having a relationship with myself Struggle with trusting others Dealing with outside criticism Not being accepted Self-doubt (Lack of confidence) Leaving my comfort zone Care too much about recognition and status Isolation-lack of support (Upholding reputation) I lack innovation/creativity Emotional control (Frustration, anger, referees) Making excuses (Not going "All-In") Self-worth tied to win-loss record Current health issue (myself) Interpersonal relationships (Staff/Head Coach/Peers/AD) Accepting my role in program Time management (Prioritization) Discipline to stick to a plan Organizational skills Knowing how to act, dress, talk and behave like a Life Integration (self-care, work, relationships, spirituality) professional coach Expectations I have for myself Life Transition truer Interviewing, hiring process (aging parent, new child, death or illness in family) Fear of Success Other: