

COACH ON THE RISE HANDBOOK

A ROADMAP TO BECOMING A CONFIDENT AND COMPETENT COACH

Ebook



“The quality of an athlete’s sport experience is directly dependent on the quality of the coaching received. The right kind of coaching can help athletes reach their full potential and inspire a lifelong love of sport and physical activity. The wrong type of coaching can have just the opposite effect: burnout, dropout, injury, loss of enthusiasm or worse. The right kind of coaching must therefore be standard practice in serving American athletes.”

- United States Olympic Committee

introduction

THE COACH ON THE RISE HANDBOOK

At **True North Sports** our goal is to develop high character, competent and confident coaches while providing them a supportive community where they can collaborate and share ideas with coaches of all sports.

The **Coach on the Rise** program provides you a non-sport-specific program with a focus on self-awareness, leadership theory, management strategies, philosophy and team culture development.

CHAMPIONSHIPS ARE WON WITH PEOPLE

This **Coach on the Rise Ebook** will prepare you to “begin within” to find your own internal compass to build a culture that wins. As you move through each section of this ebook you will align your passion, purpose, and practice, helping you to step out of your sport and into the coaching profession.

True North Sports coaching education is based on the **Coaching COMPASS**, a revolutionary tool that is transforming the coaching profession. The COMPASS assesses the following seven areas and is a holistic approach to coaching education and growth:

- C**ommunication
- O**rganization, Management, Leadership
- M**oral and Character Skills
- P**rofessionalism
- A**ssociations and Relationships
- S**port IQ
- S**elf-Awareness



Profession of Coaching > The Sport You Coach

From defining your sport philosophy to reducing conflict, this dynamic and innovative educational program will prepare you to address a variety of key issues facing coaches today. The comprehensive curriculum is designed to create coaches that administrators want to hire, people want to work with and athletes want to play for!

ENJOY THE JOURNEY AS YOU BECOME SUCH A COACH!

“Imagine immensities. Pick yourself up from rejection and plow ahead. Don’t compromise. Start now. Start now, every single day.”

– Debbie Millman





huddle #1

COACHING

COMPASS

Self Awareness Indicator:

A.10	Almost always displays a well-integrated life
------	---

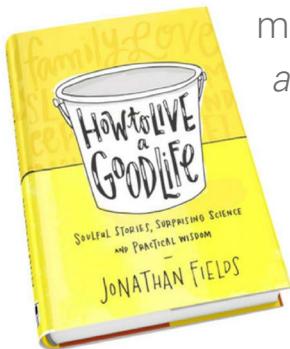


JONATHAN FIELDS:

The 3 Buckets

Jonathan Fields is on a mission to inspire possibility. A New York City dad and husband, he founded the media and education venture Good Life Project where he and his team lead a global community in the quest to live more meaningful, connected, and vital lives; produce a top-rated podcast with millions of downloads; and offer a growing catalog of events, trainings and courses.

In Collaboration Huddle #1 we visit with Jonathan about his practical and provocative modern-day manual for the pursuit of a life well-lived featuring the simple yet powerful “3 Buckets”



model from his best selling book, “*How to Live a Good Life*.” Filling these 3 buckets, Vitality, Contribution and Connection, each day rekindles deep loving, and compassionate relationships, cultivates vitality, radiance, and graceful ease; and leaves you feeling lit up by the way you contribute to the world.

Your 60-second snapshot tells you how full or empty each of your buckets is right now. It gives you a starting point that helps you decide which bucket to start filling first, and it provides a reference point for comparing future snapshots and tracking progress over time.

Items from Huddle #1

Huddle 1 is with Jonathan Fields about Self-Awareness and his book *How to Live a Good Life*.



Deep Dive:

[More about Good Life Project](#)

[Jonathan's podcast](#)

[Jonathan YouTube interview](#)



[Recording of Huddle](#)



[3 Buckets Snapshot Exercise](#)

“There is nothing I would not do

for those who are really my friends. I have no notion of loving people by halves, it is not my nature.

– Jane Austen, *Northanger Abbey*