



COACHING
WITH
COURAGE

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Futures Without Violence

Story Trailer Video



What is Coaching With Courage?

Coaching with Courage (CWC) is a modular training program for coaches and athletes.

CWC is built around key areas of sports-based youth development that contribute to healthy relationships, including:

- Enhancing Social Emotional Learning
- Trauma Responsive Coaching
- Promoting Gender and Racial Equity

CWC is designed to build on the many skills inherent to practicing a sport. Skills that are proven to build healthier, nonviolent relationships.

- Teamwork & Sportsmanship
- Self Awareness & Self Regulation
- Respect on the field

Coaching With Courage Framework

Consists of four quarters each with specific actions and skills that can help make big shifts in athletes' social-emotional skills and growth over time.

- Names + Routines
- Check-ins + Voice/Choice
- Listen + Respect
- Mistakes + Goals

As we move from one quarter to the next, coaches are motivated to employ two specific actions they can practice to build stronger relationships with their athletes. Each quarter features:

- An educational video.
- A discussion relating to the theme of the quarter
- An activity coaches can then use with their athletes to promote a positive team culture

The Four Quarters

FIRST QUARTER

1 NAMES + ROUTINES



Respecting Individuality



Greet and address youth by the name they want to be called



Building Trust



Start and end training sessions on time

SECOND QUARTER

2 CHECK-INS + VOICE/CHOICE



Showing Empathy



Check-in with athletes at the start of the training session to see how they are feeling



Encouraging Ownership



Provide youth with voice and choice

THIRD QUARTER

3 LISTEN + RESPECT



Active Listening



Listen, without interruption or judgment, to young people when they are expressing anger or frustration



Healthy Interactions



Maintain a calm and respectful tone when managing conflict with athletes, referees, opponents, or parents

FOURTH QUARTER

4 MISTAKES + GOALS



Learning from Mistakes



Understand that mistakes are a part of learning



Supporting Growth



Help young athletes self-coach by reflecting on challenges, giving tips instead of criticism, and celebrating accomplishments

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Building Trust & Respecting Individuality

FIRST QUARTER

1

NAMES + ROUTINES



Respecting Individuality



Greet and address youth by the name they want to be called



Building Trust



Start and end training sessions on time

Building Trust & Respecting Individuality



What is Trust?

Building Trust &
Respecting Individuality

What is your definition of trust?

When do you know you trust someone? What does it look like?

When are you able to be your “authentic self” in your relationships? What are you able to do?

What is Trust?

Building Trust &
Respecting Individuality

What is the importance of trust on your team?

What does trust look like on your team?

Activity: The Story of My Name

Building Trust &
Respecting Individuality

What does your name mean? Do you like it?

What is unique about your family?

What are you most proud of about yourself?

Debrief

Building Trust &
Respecting Individuality

What did you learn about your partner?

What surprised you?

What inspired you?

How could this activity impact the culture on your team?

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COACHING WITH COURAGE

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Debrief

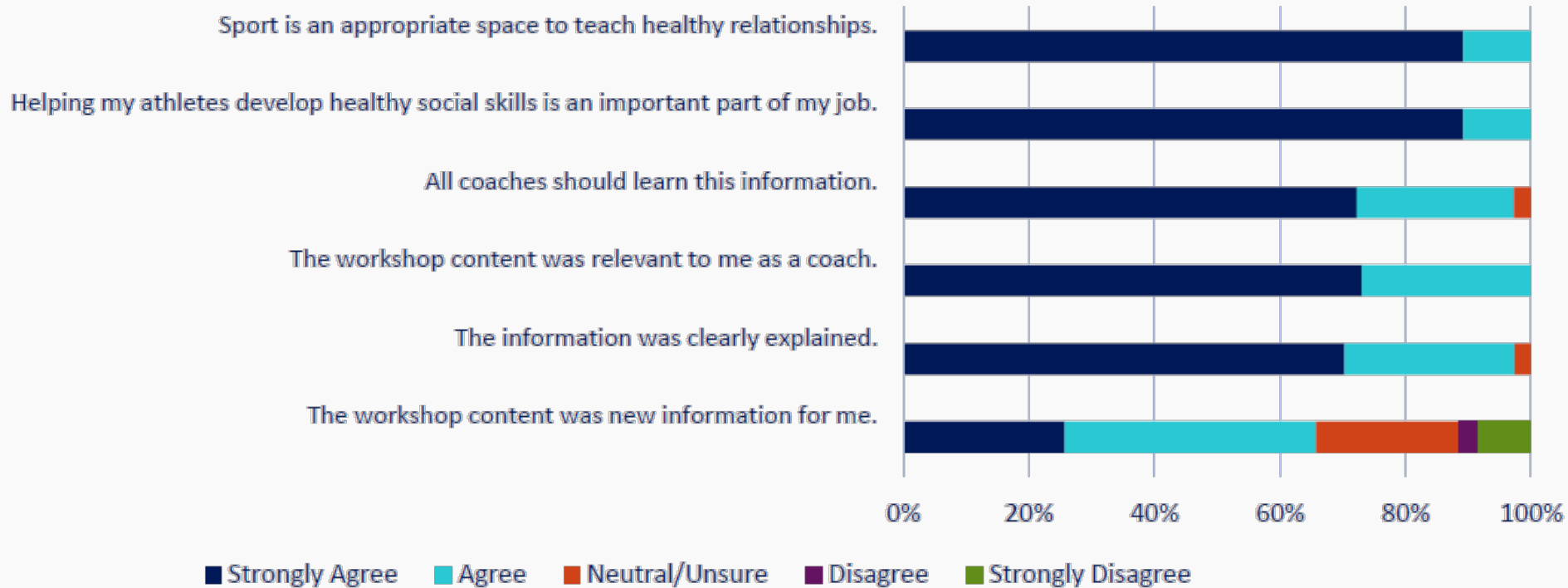
Building Trust &
Respecting Individuality

What multiple identities are in the space?

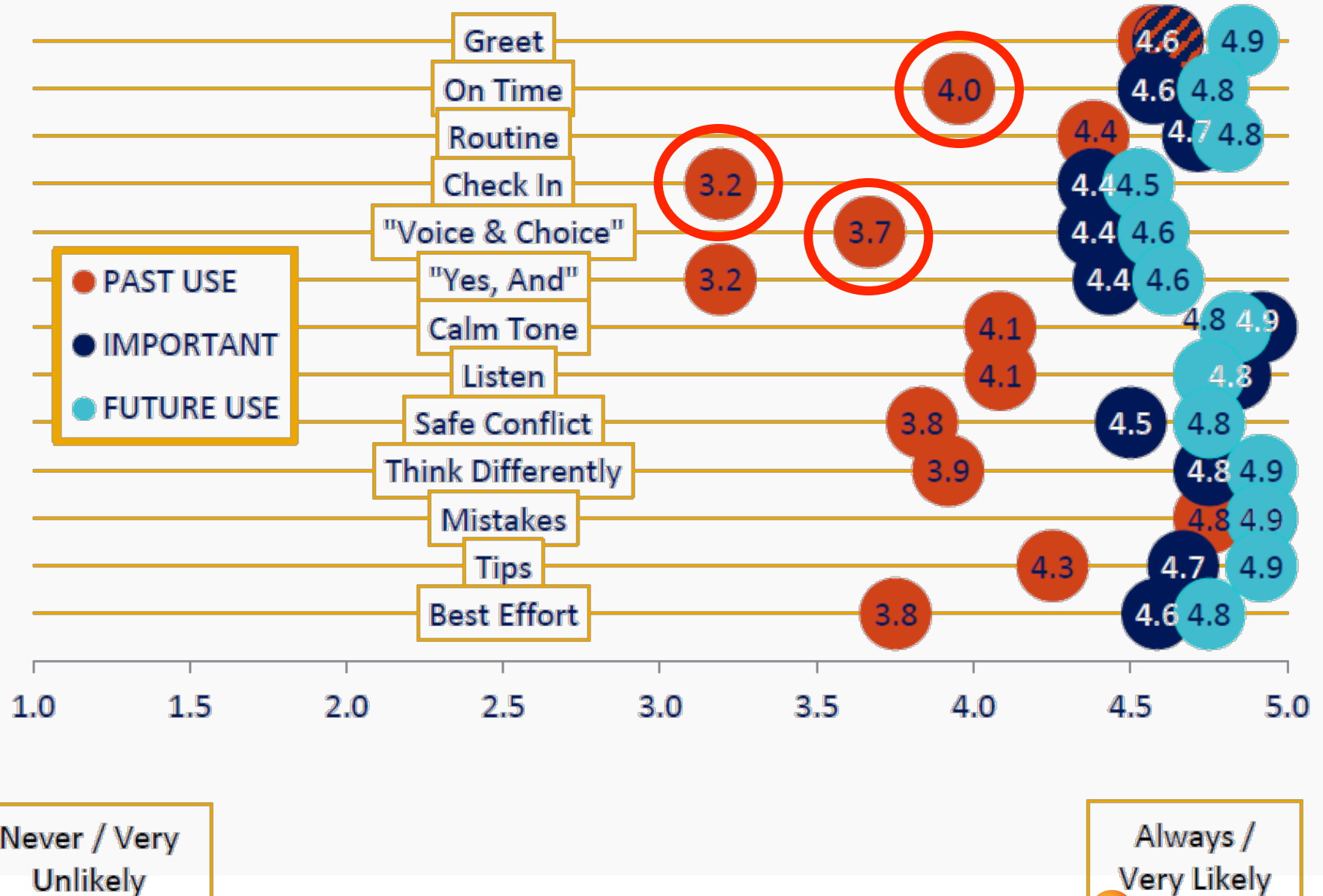
Who or what is missing/excluded?

Whose time is impacted by my decisions?

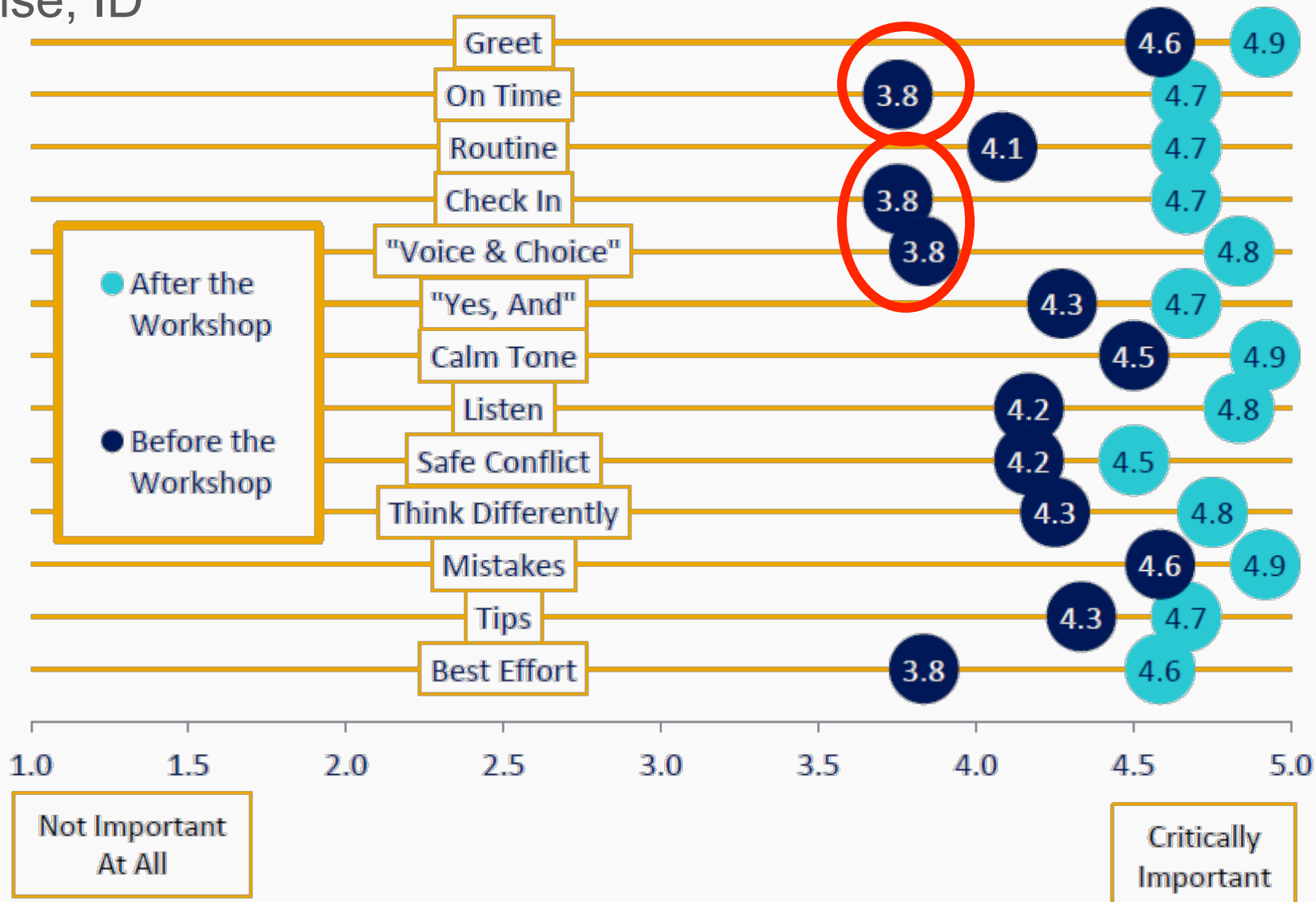
Coaches' Perceptions of the Workshop



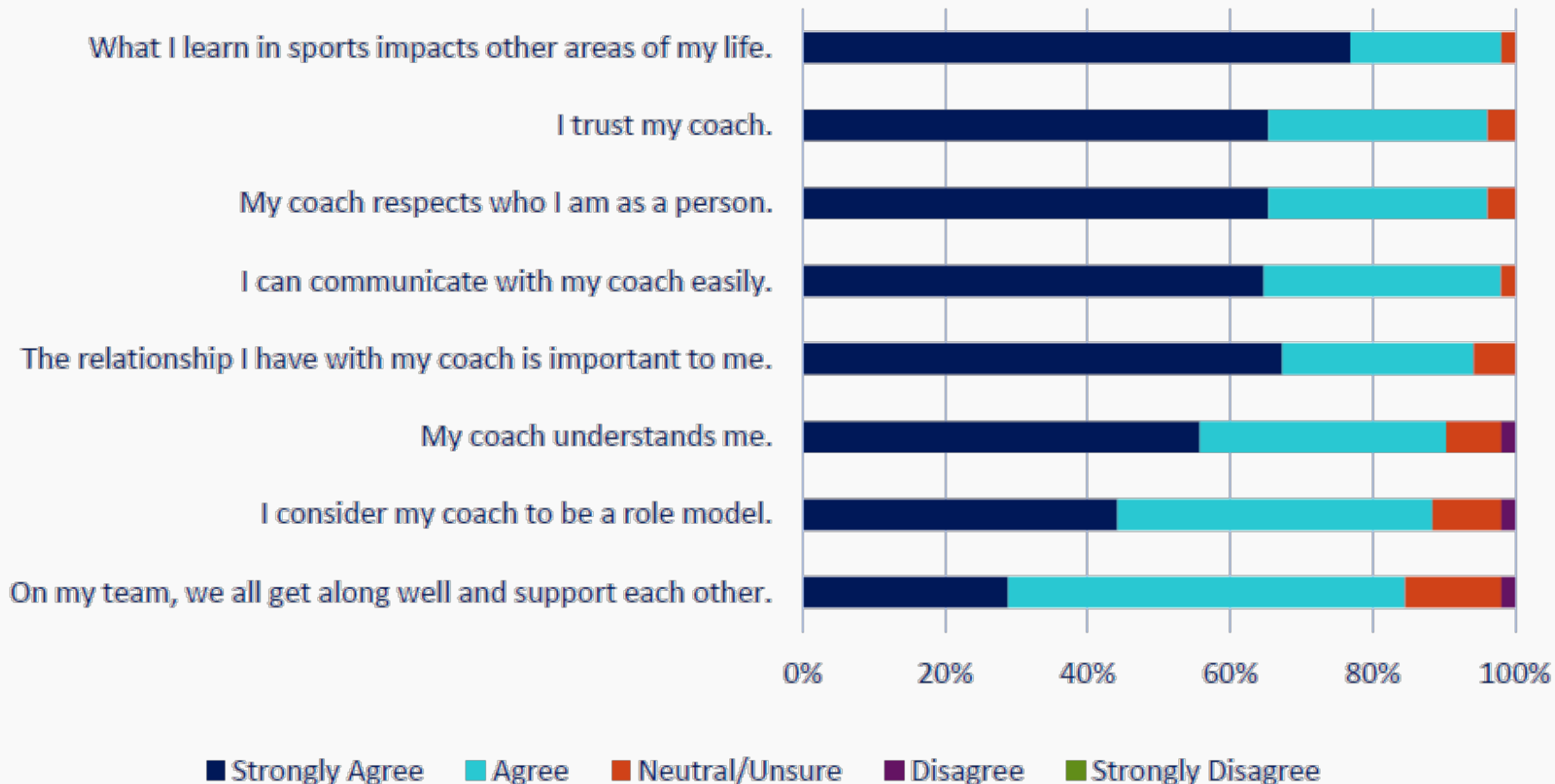
Coaches' Perceptions of Coaching Points



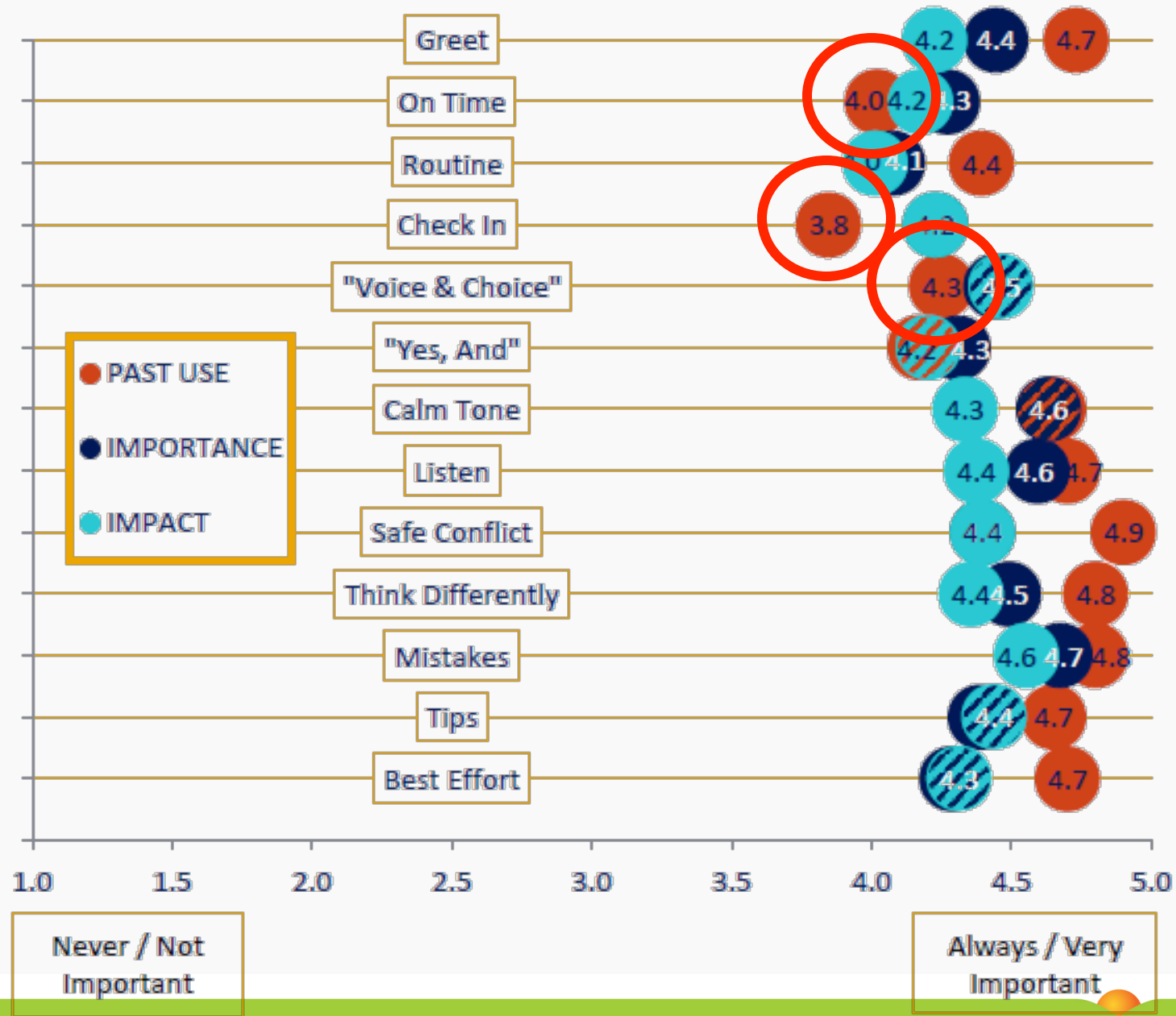
Coaches' Before & After Perceptions of Importance – Boise, ID



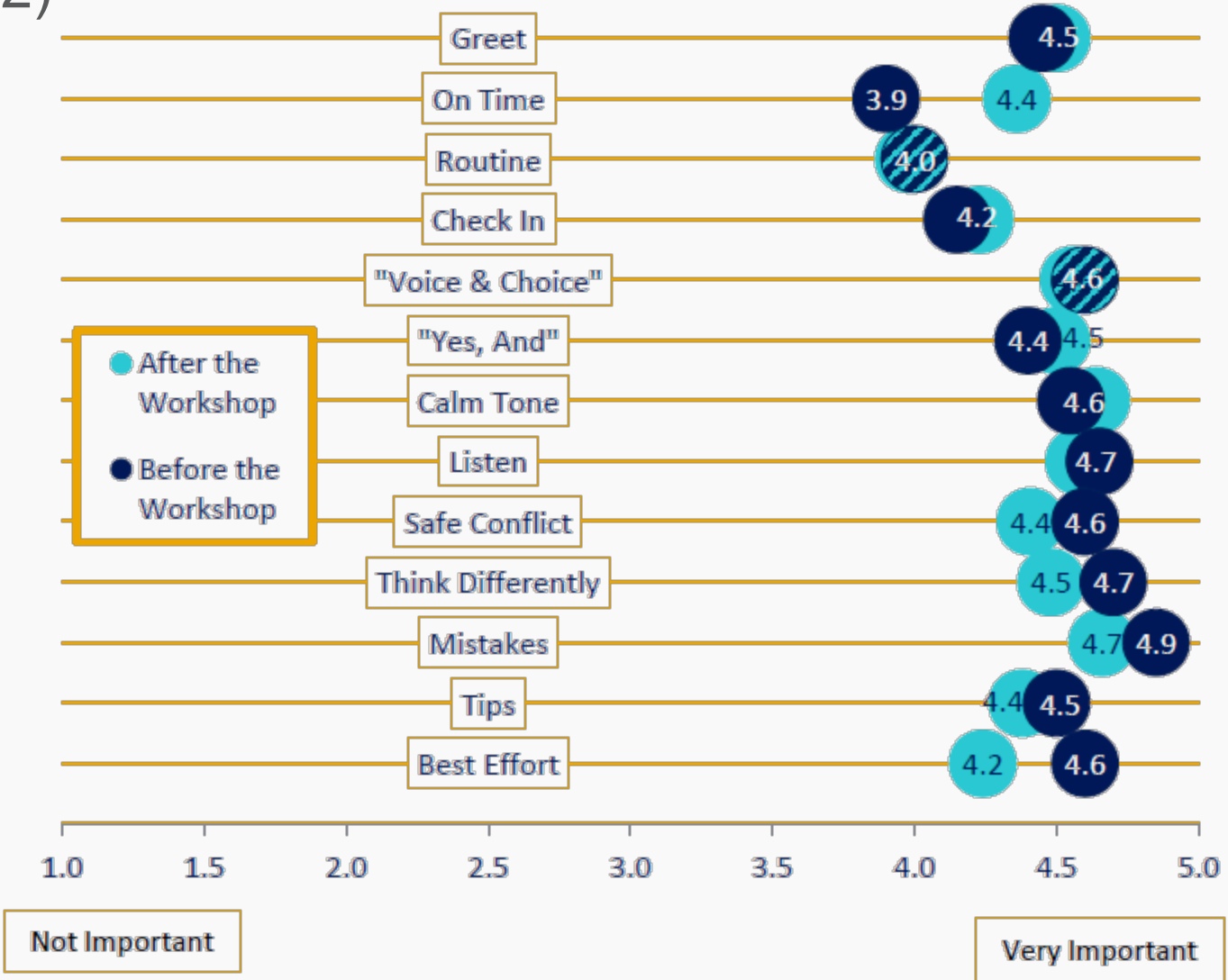
Athletes' Perception of Coach & Team



Athletes' Perception of Coaching Points



Athletes' Before & After Perceptions of Importance – Boise, ID (n=52)



Athletes Learned...

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- Steps to build a healthy relationship
- Establish Connections
- Having and showing respect for others
- Having and showing empathy
- Having a healthy relationship to their coach
- Importance of relationships in sport
- Importance of healthy relationships generally



If implemented athletes would want...

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- Coach establishes a relationship to each player
- Team bonding activities
- Give athletes voice and choice
- Starting and end practice on time



Potential impact of workshop

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- Enhanced team chemistry, cohesion, and morale
- Improved team performance
- Improved practice environment
- Better coach-athlete relationships
- Improved self-confidence
- Improved communication skills



Summary of Coaching Points Data

Coaching Points	Most Impactful Lesson	Highest Importance Ratings	Highest Future Use Ratings	Biggest Past-Future Use Change
Greet and address athletes by the name they want to be called			√	
Start and end training sessions on time	√		√	√
Establish positive, predictable routines for each training session	√	√	√	
Check in with athletes at the start of the training session to see how they are feeling				√
Provide athletes with "voice and choice"	√			√
Use a "yes, and" model of athlete feedback	√			√
Maintain a calm and respectful tone when managing conflict with athletes, referees, opponents, or parents	√	√	√	
Listen, without interruption or judgment, to athletes when they are expressing anger or frustration		√	√	
Allow athletes to practice managing conflict with teammates in safe, positive ways through competitive activities			√	√
Encourage athletes to think of different strategies to find success		√	√	√
Understand that mistakes are part of learning		√	√	
Help athletes self-coach by giving tips instead of criticism		√	√	
Believe that athletes are putting forth the best effort they can in the moment			√	√



Thank you!