

# **COACHING AND DEVELOPING: TRANSFORMING HOW YOU COACH AND LEAD**

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# WHAT LEADERSHIP IS NOT

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Leadership is not about forcing your will on others.

It's about mastering the art of letting go.

–Phil Jackson

11 time NBA Champion Coach

# REVIEWING AND BUILDING YOUR COACHING PHILOSOPHY

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# WHAT DO YOU VALUE?

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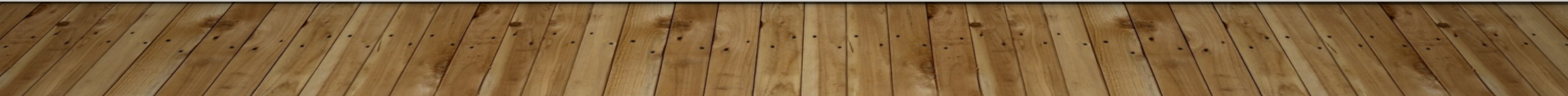


# WHAT DO YOU VALUE?

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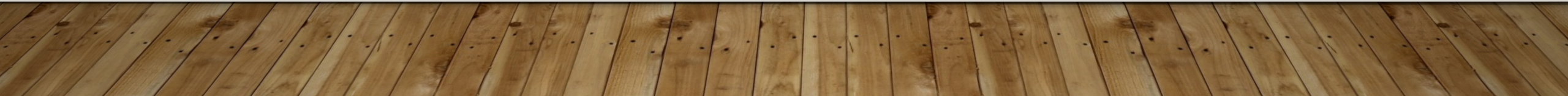
1. What do you value as a parent?
2. What do you hope volleyball provides and teaches your child?
3. What do you value in a coach?
4. Take a moment and write three sentences about what you value for your child in the sport experience.

1. What do you value as a coach?
2. What do you hope volleyball provides and teaches your athletes?
3. As a coach, write three sentences about what you value for your team.



# WHAT ARE THE GOALS AND PURPOSES OF SPORT?

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# HIDDEN CURRICULUM

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- Teach sport skills
  - Develop volleyball skills
  - Strength and conditioning
  - Nutrition, healthy habits
  - Strong mind, strong body
- Sport as the vehicle
  - Life skills
  - Non-cognitive skills
  - Healthy habits for life
  - Joy of playing, social interaction, social support



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- 1. How do we motivate kids to work harder and persevere in school and sport?
  - 2. How do we motivate anyone to do anything?



# Self Determination Intrinsic Motivation

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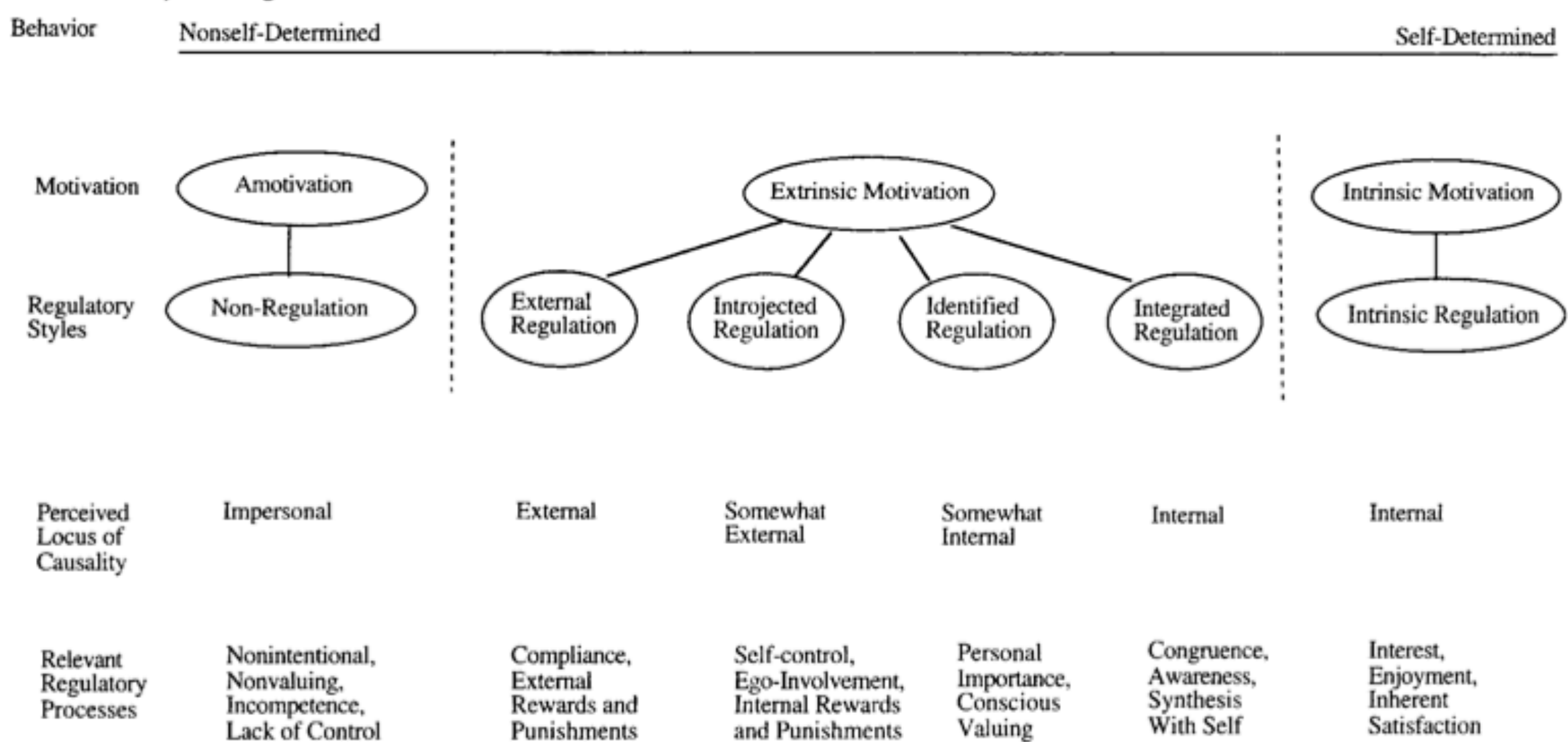
**+Competence:** Knowledge and Skill

**+Relatedness:** Feelings of Belonging, Connection

**+Autonomy:** Making decisions for yourself by yourself about yourself

**+Intrinsic Motivation= Self Determination**

**Figure 1**  
*The Self-Determination Continuum Showing Types of Motivation With Their Regulatory Styles, Loci of Causality, and Corresponding Processes*



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# PERMA- FLOURISH

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- Five elements of a person's well-being: **P**ositive Emotions, **E**ngagement, Positive **R**elationships, **M**eaning, and **A**chievement.

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## **Evidence of Well-Being**

- Positive Emotions
- Engagement
- Relationships
- Meaning
- Achievement

## **Additional Themes**

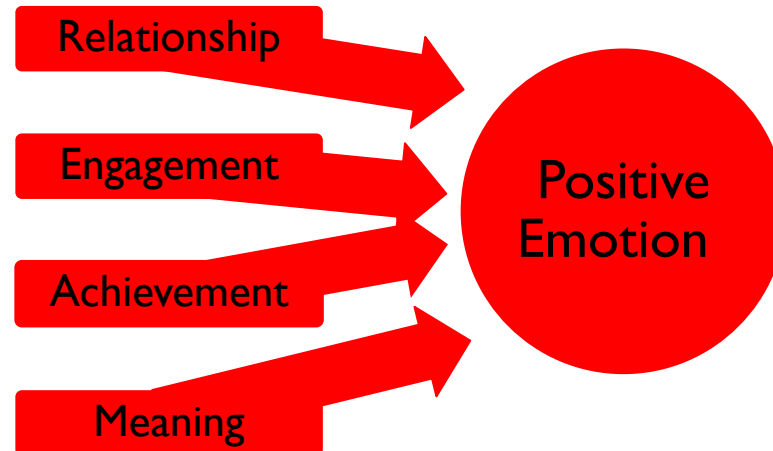
- Motivation

# POSITIVE EMOTIONS

## Evidence of Positive Emotions

Joy, Happiness, Love, Satisfaction, Excitement, Awe, Gratitude, Hope, and Optimism.

### Sources of Positive Emotions





# ENGAGEMENT

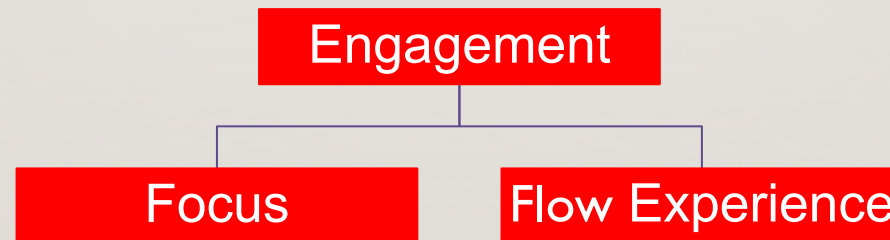
A psychological state in which individuals report being absorbed by and focused on what they are doing (*Seligman, 2011; Forgeard, et.al., 2011*). The experience of flow is referred to as a high level of engagement (*Csikszentmihalyi, & Jackson, 2000*).

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## Evidence of Engagement

Confidence, Enthusiasm, Vigor, Focus, Awareness, Preparation,  
Flow Characteristics, Concentration, Decision Making, Attention to Detail, and Fun.

## Categories of Engagement



# Evidence of Engagement

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**Focus: Focus → Distraction → Re-Focus → Distraction → Re-Focus**

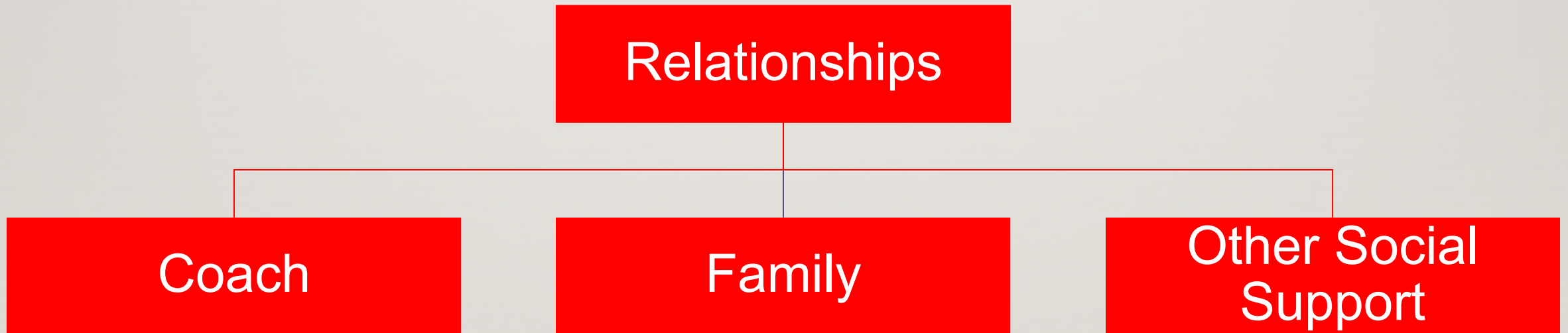
- Awareness
- Recognition
- Pre-Planned Decisions
- Concentration Skills
- Cues to aid in Directing Attention

# POSITIVE RELATIONSHIPS

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Love, Value, Esteem, Care, Trust, Honesty, Quality Communication, Respect and Support

## Sources of Relationships



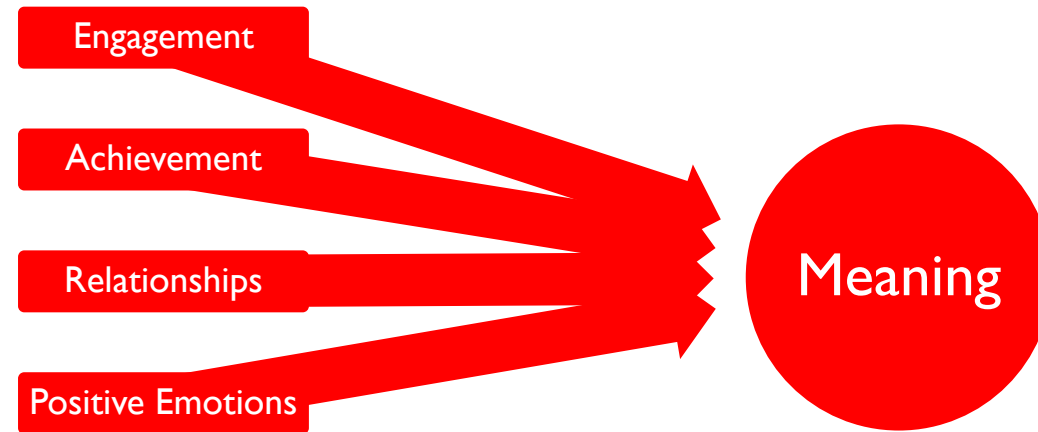


# MEANING

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Being part of team, Contributing to something bigger than the self, Part of History, Leaving a Legacy, Trusting in God, and Satisfaction from Achievement

## Sources of Meaning- Athlete, Part of team



# ACHIEVEMENT

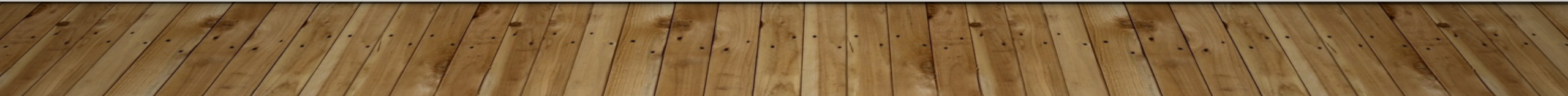
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- Personal to the athlete
- Individualized goals
- Various paths and journeys

# COACHES/PARENT REFLECTION QUESTIONS:

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1. **Positive Emotion:** What is the feeling that you get when you are at a practice or at a game? What are some things that you have done to create positive emotion within your volleyball environment?
2. **Engagement:** How do you plan and direct purposeful practice towards athlete and team development?
3. **Relationships:** What relationships are most important to you for individual and team success?
4. **Meaning:** What would make for a successful sport season?
5. **Achievement:** How do you celebrate and highlight individual and team success?





# COACH-ATHLETE RELATIONSHIPS

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- Develop an Autonomy-Supportive Environment
- Develop Caring Relationships
- Develop Mental Strength



# APPLICATION →

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# QUESTIONS?

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Thank you!

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