

# **“The Well-Led Coach: Encouragement on Leadership, Coaching, and Relationships”**

## **A. Introduction**

**My background and what led me to this topic**

## **B. Question for Coaches:**

**“I will be able to coach and lead better when**

**”**

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## **C. Framing the Foundation**

**Understanding how to truly establish the encouragement, training, support, and health we need as coaches to succeed in life and in our craft**

### **1. Dispelling the Myths:**

- a. How our perception of self care is often broken**
- b. How our perception of leadership is often broken**
- c. How our perception of coaching is often broken**

### **2. Defining the Needs**

### **3. Creating the Plan**

## **D. Tips, Tactics, and Tools**

**Things I've learned and taken from 20 years as assistant coach, head coach, teacher, counselor, athletic director, husband, father, son, and friend**

## **E. Conclusion**

**Story: Tuck them in!**