

# Coaching with Empathy

(in-person 90 minutes/online 45 minutes)

## **Purpose:**

To enable coaches to create strong connections with athletes and a healing team environment where kids feel safe, seen, heard, and valued, and learn to recognize their strengths and believe in their potential.

Coaches learn to apply a research-based framework developed by Coaching Corps, referred to as the **PACT** (Perspective, Align, Connect, Think).

## **Learning Objectives:**

- Recognize how personal experience can impact young athletes
- Identify how the coaches' own experience impacts the relationships they develop with athletes
- Name the PACT components
- Apply the PACT framework with their athletes to create an empathetic environment

## **Agenda:**

Understanding the impact of individual and collective trauma on behavior

(in-person 15 minutes/online 10 minutes)

The PACT Framework

(in-person 15 minutes/online 10 minutes)

Scenarios – Applying the PACT (learn Action Steps to implement the PACT with your athletes)

(in-person 20 minutes/online 20 minutes)

Commit to the PACT (learn how to teach your team about the PACT and to make a team commitment to empathy)

(in-person 10 minutes/online 5 minutes)