

WHAT IS COACHING WITH COURAGE?



Coaching with Courage (CWC) is a suite of modular training tools for both coaches and youth athletes. CWC is built around key areas of sports-based youth development that contribute to healthy relationships. This innovative, engaging material is designed to supplement and support existing sports programs in the field.

By leveraging the power of sports and the unique coach-athlete relationship, CWC enhances social-emotional learning (SEL), trauma responsive coaching, and promotes racial and gender equitable environments. Coaching With Courage is designed to build on the many skills inherent to practicing a sport. Skills that are proven to build healthier, nonviolent relationships. We support coaches and athletes as they apply these skills towards improving their physical and mental wellbeing.

Through training and intention, coaches as caring, consistent adults learn to model healthy relationship skills that teach young people the value of respecting individuality and building trust, showing empathy and ownership, active listening and healthy interactions, and ultimately learning from mistakes and celebrating accomplishments.

The 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. 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 and activities that coaches use with their team to build connectedness, foster a positive sports culture, and ultimately support young people's ability to thrive both on and off the field.

WHY SPORTS?	WHY COACHES?	WHY ATHLETES?
<p>Sports has the power to change the world – to be used as a platform for promoting healthy self-worth, gender equitable attitudes, and alternatives to violence. Inherent in sports are opportunities to develop social-emotional skills of persistence, empathy, and self-awareness along with conflict management skills and ways to establish healthy relationships. By channeling the passion around sports, Coaching with Courage teaches coaches how to create a safe environment for youth to learn, to build strong character to grow and thrive, and in turn to teach athletes about respectful non-violent relationships.</p>	<p>As leaders and mentors of our nation's young athletes, coaches are uniquely positioned to influence and teach youth how to thrive both in sports and in life. The tone coaches set for their teams can make a lasting impact on youth relationships and their personal interactions for years to come. Coaches can help shape athletes' attitudes and behaviors around winning, encourage good sportsmanship, discourage harmful behaviors, and be role models for fair play, honesty, and respect for others. With Coaching With Courage, coaches learn to be champions of healthy relationships on their teams that can then spread beyond the team and into their communities.</p>	<p>Educating youth in their adolescence offers an opportunity to promote positive attitudes and behaviors at an age when they're learning and forming their first patterns in relationships. Beyond sports and studies, teenage athletes in middle and high school form habits on how to relate with each other that can impact the rest of their lives. Teaching young people how to build positive mental and physical health can help stop abuse before it occurs - creating a world where all have the opportunity to succeed.</p>

We are excited to partner with sports programs to pilot Coaching With Courage in communities all across the country:

STEP 1: Visit CoachingWithCourage.org

STEP 2: Preview our tools and instructional videos!

STEP 3: Contact CoachingWithCourage@FuturesWithoutViolence.org to bring Coaching With Courage to your community!

OVER 40 MILLION YOUTH IN THE U.S. PLAY SPORTS

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

COACHING WITH COURAGE

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