

Reflective workbook

This template has been designed to complement the Community Coaching Essentials Skills – Where you coach module.

Use the template during or after the module to reflect on how you might consider and adapt the environment to ensure the safety and experience of participants.

Whilst completing the Where you coach module, consider:

* how you can implement the information you learn from the module into your own coaching environment.
* how you can begin or further your own self-reflection as a coach.

Space is provided throughout this workbook for you to document your thoughts and ideas. If needed, you can enlarge the free text boxes by clicking anywhere in the box and dragging the bottom edge down.

## Creating a positive, safe and inclusive environment

* What does a positive, safe and inclusive sport environment look and feel like to me?

*Write here*

* What does a positive, safe and inclusive sport experience look and feel like to my participants?

*Write here*

* What challenges do I face in creating a positive, safe and inclusive experience for my participants and how might I overcome them?

*Write here*

## What to consider

* How can I best make use of the space, equipment and/or facilities to encourage positive behaviour amongst my participants?
* What can I do to make the space, equipment and/or facilities safe, appropriate and more accessible within my environment?
* What barriers and challenges might impact my ability to create a positive and accessible sporting experience for my participants and how can I overcome these?

Develop a plan making best use of the space, equipment and facilities I have access to. Consider:

* space, equipment and facilities that I have or can use
* how I can modify the space, equipment, or facilities to create an effective and engaging session
* limitations in space, equipment and facilities in my environment.

*Write plan or list ideas here*

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – Where you coach module and your responses in this workbook to come up with three statements that describe:

1. **How I CURRENTLY create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I WANT TO create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I will achieve my goal of becoming a more effective community coach.**

*Write here*

**Learn more about community coaching at** [**Community Coaching | Australian Sports Commission (ausport.gov.au)**](https://www.ausport.gov.au/coaching/community)