

Reflective workbook

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

Use the template during or after the module to develop how you might use effective communication to interact and support participant needs in various contexts and environments.

Whilst completing the How you connect 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

* What does effective communication look like for me?
* When interacting with different participants and stakeholders, how do I know that the way I communicate is effective?
* What do I need to do to ensure my communication is inclusive?
* How can I provide my participants with more opportunity to communicate openly and effectively with me and the other participants?

Develop a plan for clearly communicating with my participants and stakeholders. Consider:

* the most effective type of communication considering the context
* the impact of my environment on the type of communication I use
* whether a demonstration will assist my participants understanding and development.

*Write plan or list ideas here*

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – How you connect module and your responses in this document 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)