

Reflective workbook

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

Use the template during or after the module to develop how you might safely manage a session and encourage inclusive and positive behaviours.

Whilst completing the Who 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 do I manage my participants to ensure my session runs smoothly and is effective?
* What impact will smooth, and effective delivery and management have on my ability to create and deliver a safe, engaging and inclusive experience?
* What barriers and challenges might impact my ability to deliver good group management and how can I overcome these?

Develop a plan for managing my group of participants and encouraging safe, engaging and inclusive environments. Consider:

* involving participants in creating rules and expectations
* activities and behaviours that will help me organise and manage the group
* the physical space available and how this might assist or reduce my ability to manage my group
* stakeholders who can support me at practice.

*Write plan or list ideas here*

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – How you deliver 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)