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Description automatically generated

Reflective workbook

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

Use the template during or after the module to develop how you might engage with those who might support you when coaching.

Whilst completing the How you engage 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:

* Who are the stakeholders at my sessions that can help to support my role as the coach and what can they do?
* How can these stakeholders support me in my role as the coach?
* What barriers and challenges may be stopping volunteers from getting involved and supporting me and how can I overcome these?

Develop a plan for engaging with and encouraging stakeholders to support me. Consider:

* stakeholder roles outside the practice environment
* opportunities within the environment I coach
* the process for recruiting volunteers at my organisation.

*Write plan or list ideas here*

## Position statements

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