



Top 10 Practices for Sport Coaches' Wellbeing & Effectiveness

Here is a list that can help sport coaches enhance their wellbeing and effectiveness:

#	Practice	Quick Tip
1.	Boost Coaching Efficacy	Set small goals and reflect on your coaching strengths.
2.	Practice Self-Compassion	Treat yourself with kindness, especially after setbacks.
3.	Use Mindfulness Daily	Try 5–10 minutes of focused breathing or body scans.
4.	Lead Authentically	Coach from your values—let athletes see the real you.
5.	Regulate Emotions Effectively	Pause, breathe, and reframe before reacting.
6.	Reflect Regularly	Journal wins, challenges, and lessons after sessions.
7.	Build a Support Network	Connect with mentors or peers who understand coaching life.
8.	Prioritize Self-Care	Move, rest, eat well, and engage in non-coaching joy.
9.	Practice Gratitude	Weekly, jot down what you're thankful for in your role.
10.	Model Emotional Intelligence	Show calm, empathy, and accountability to your athletes.



Sound Mind Performance Playbook – Summary Table

Category	Topics	Focus	Purpose in Coaching
Locker Room Leadership	-Authentic Leadership -Coaching Efficacy (Leadership)	Leadership identity, trust, and cultural tone	Build team culture through integrity, confidence, and vision-driven leadership
Sideline Strategies	- Coaching Efficacy (Tactical) - Emotional Regulation (In-Game)	Composure and clarity in real-time competition	Maintain focus, lead decisively, and model emotional regulation on the sideline
Inner Game	- Self-Compassion - Mindfulness - Emotional Regulation (Internal)	Personal mindset and emotional resilience	Strengthen internal awareness and manage stress, setbacks, and performance anxiety
Off-Season Training	- Mindfulness - Self-Compassion - Emotional Regulation (Reflective) - Authentic Leadership (Purpose)	Long-term reflection and growth	Reconnect with purpose, restore energy, and grow as a coach during mental off-seasons
Practice Plan	- Mental Skills Integration (Self-Talk, Visualization, Communication, Psychological Safety)	Planning for consistency and mental skill development	Integrate psychological tools into everyday practice for long-term athlete performance