

Summary of Suggested Approaches



How to use this report

The following guide will provide suggestions for you to use with this athlete. This is a quick reference of what you can do to better connect with this elite athlete by appealing to her/her strongest motivational drivers.

Be candid and don't try to sugar coat what's going on even if it is not positive. False praise will be a turn-off.

Be friendly and don't exclude them from team activities. Provide opportunities to team up with other athletes.

When providing instruction limit the amount of detail to what is essential. Encourage opportunities for spontaneity.

Avoid triggering anxiety by providing plenty of time to think things through before needing to commit to action.

Provide coaching advice in small increments and switch things up frequently to avoid boredom. Be unpredictable to keep their attention.

Provide an incentive that rewards personal achievement. Connect the reward directly with results achieved both in practice and competition.

Be realistic when discussing success or failure and show both sides of the situation. Validate the importance of a balanced view.

Is motivated by doing things for other people. Provide opportunities to support, mentor or help others improve.