



# COACHES WORKSHEET

## Openness to New Experience

1. How open am I to new ideas, feedback, and changes in coaching methods?
2. How comfortable am I with incorporating technology, social media, and new training methods into my coaching?
3. What are some ways my coaching style embraces creativity, adaptability, and inclusivity?
4. How does my level of openness align or conflict with Gen Z's preference for innovation, diverse perspectives, and personalization in learning?

## Consolidation

5. How structured and disciplined is my coaching style, and does it align with how Gen Z athletes manage their responsibilities?
6. Do I provide clear expectations, schedules, and organization that match Gen Z's need for structure and transparency?
7. In what ways do I support athletes in developing self-discipline while respecting their desire for flexibility?
8. How do I balance accountability with understanding their mental health and personal challenges?

## Extraversion

9. How do I communicate with my athletes? Am I more reserved or outgoing, and does that match what they need from me?
10. Do I create an environment where all athletes feel heard, including introverts who may struggle with group dynamics?
11. How can I better engage with Gen Z's preference for interactive, relationship-driven learning and mentorship?
12. Do I provide both public and private recognition to suit different personality types?

## **Accommodation**

13. How approachable and empathetic am I when my athletes express concerns or personal struggles?
14. Do I balance being supportive with maintaining authority, or do I lean too far in one direction?
15. How well do I listen to and incorporate athlete feedback into my coaching decisions?
16. Do I create a psychologically safe environment where athletes feel valued, respected, and motivated?

## **Need for Stability**

17. How well do I manage my emotions under stress, and what impact does that have on my athletes?
18. Do I provide emotional stability and reassurance for athletes who may struggle with anxiety, burnout, or performance pressure?
19. How do I model resilience, self-care, and coping strategies in a way that resonates with Gen Z's mental health awareness?
20. What strategies can I implement to better regulate my reactions and create a more positive team atmosphere?

## **Gap Analysis & Action Plan**

21. Based on my Insight5 self-assessment, which personality trait(s) create the biggest gaps between my coaching style and the needs of Gen Z athletes?
22. What specific adjustments can I make to bridge these gaps while staying true to my coaching philosophy?
23. What are two immediate action steps I can take to better align my approach with the values and expectations of today's student-athletes?
24. How will I measure the effectiveness of these changes over time?

