



PREPARING TO TALK WITH YOUR COACH

A GUIDE TO GETTING ON ONE ACCORD

Coaches know the value of being on one accord with their student leaders. This is a combination of students understanding their coach as well as knowing the vision for the team. These conversations can happen formally, but many times, students have to figure it out as they go. Use this tool to have a talk with your coach to get the right start for your season!

STEP 1: REACH OUT

Contact your coach and schedule a time for you and your coach to talk. This should be outside of rehearsal and when you have plenty of time and will not be interrupted. If it is permissible and within context, grabbing some food or a coffee on campus is always fun!

STEP 2: PLAN

Be prepared for the conversation. Think about what you want to say or ask in advance. See the “Preparing to Talk to Your Coach” Worksheet.

STEP 3: MEET

When you meet with your coach, focus on learning more about them, what they need for the season or sharing information about yourself. Even though you have a plan, be flexible.

STEP 4: FOLLOW-UP

After the meeting, send a follow-up email or text to your coach to thank them for their time and recap what you got out of the session.

STEP 5: GET READY

Now that you have a good idea of what your coach wants and needs as well as how they operate, it is time to get a plan in place to make sure you are on the right track. This includes setting goals for yourself and proactively planning for strategies based on your leadership style. There is where a development plan template would be useful.

Be sure to stay in constant communication with your coach. Not only about logistics, routines, hair and all those important things. But also about your role as a leader, how you are doing and what they may need.