

BARRIERS AND COMMUNICATION



BARRIERS

Have your team identify in a whiteboard exercise all the possible barriers that can get in the way of any team reaching its goal.

Narrow them down to the possible barriers that can get in the way of your team reaching its goals.

Identify strategies to address each barrier identified for your team.

COMMUNICATION

Have the team members go around the room, one at a time, and tell others how they get when they feel stressed in competition and what they need from their coaches or teammates to help them feel less stressed.

Be prepared for a variety of answers and needs, but the key is to understand what each person needs - and this only happens with good communication during this exercise.

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VALUES



EXERCISE

Identify the values you want your team to be known for this year.

- List on a whiteboard all the possible values of what your team wants to be known for and then narrow this list to three to five values.
- Have the team come up with a shared definition for each one of these values.
- Every one to two weeks have your team give a score between 1-100 for how the team is living each value. This is our second scorecard-separate from the win/loss
- record to keep on track to becoming who they want to be.

Pick the top four values that will define you as a teammate.

- Be prepared to share them with your coaches and teammates.
- Score yourself every one to two weeks between 1-100 on how you are living each one of your values.

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STRUCTURE



MODEL BEHAVIORS



MODEL BEHAVIOR

Identify three behaviors that are most important for a coach/leader to model for their team.

- 1.
- 2.
- 3.

Score your coach/leader 1 to 100 on each of these behaviors and identify what they need to do to improve each score for the behaviors you want modeled for you.

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MODEL BEHAVIORS



MODEL BEHAVIOR

Score your coach/leader 1 to 100 on each of these behaviors and identify what they need to do to improve each score for the behaviors you want modeled for you.

	BEHAVIOR 1	BEHAVIOR 2	BEHAVIOR 3
SCORE			

What does coach/leader need to do to improve?

Behavior 1

Behavior 2

Behavior 3

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Transforming the Student-Athlete Experience



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