

Motivational Interviewing



MADE
~ TO *move*

affirmations help athletes to encourage themselves

Coaching Athletes To Be Their Best



What is an affirmation?

- **praise, while offered with good intention, is a judgement**
- **an affirmation is less of a judgement and more of an appreciation of positive qualities and behaviours you notice**
- **it is more likely to lift motivation and inspire further achievement**



how did you do that?

Creating a Self-Affirmation



What is a self-affirmation?

- asking about strengths or what is important to an athlete often creates a self-affirmation
- self-affirmations have a positive impact on attitude
- examples of strengths include:
 - accurate
 - ambitious
 - focused
 - persevering
 - creative
 - motivated
 - generous
 - brave
 - authentic
 - diligent
 - resilient
 - positive
 - calm
 - respectful
 - caring
 - lively
 - efficient
 - organized

**connecting happens
rapidly when you
don't interrupt,
change the subject,
or solve a problem**

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How do you connect?

- **connecting is the first step,
and often it is enough**
- **choose your moment**
- **stay present**
 1. **follow**
 2. **guide**
 3. **fix**



m

motivation

=

why + how

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Motivational Interviewing and Compassion

- at the centre of creating a caring and winning team is attitude
- go alone, go faster; go together, go farther
- motivation's strength changes regularly
- look for solutions together
- when you hear change talk, reflect it with more listening statements

