Date & Time of Meeting: _____

This topic can help prompt and facilitate your monthly group meeting. This topic can act as a road map to help navigate your mentorship journey. Prior to each meeting, your topic(s) for conversation should be announced to your group to allow for proper preparation.

COMMUNICATION

Prompt for: ALL

*You may wish to select a few discussion points at a time, as the topic of "Communication" is quite broad.

1. What is your Sport Coaching Style: Using the Four DISC Styles?
   - You may already be familiar with your DISC Assessment, if not, you may want to review Athlete Assessment's Sport Coaching Styles: The Four DISC Styles.
   - "Knowing what your coaching style is and being able to change it is critical in order to appeal to the different types of athletes that you coach and the varying situations you encounter" (Athlete Assessments, retrieved 20 Sept 2019).
   - How does your coaching style affect how you communicate with:
     - o Staff
     - o Athletes
     - o Program Supporters
2. Are you able to change the way you communicate based on different scenarios?
3. What are some common barriers to communication for you and what are solutions to improve these common barriers? You may want to consider these barriers in relation to your staff, your team, recruiting, community supporters, direct supervisors, etc.
   - Physical barriers
   - Emotional barriers
   - Language barriers
   - Timing barriers
4. Questions to consider:
   - Is it possible you over-communicate?
   - Is it possible you under-communicate?
   - Do you tend to over-communicate with one audience while under-communicating with a different audience? For example, do you over-communicate with your team, but under-communicate with your staff, which may leave your staff unaware of practice plans or upcoming itineraries?)

- Does your communication style change when you are communicating with different audiences?
  - Team
  - Staff
  - Director supervisor
  - Recruits
  - Personal network
  - Colleagues
- How do you prefer returned communication from different audiences?
  - Team
  - Staff
  - Director supervisor
  - Recruits
  - Personal network
  - Colleagues

5. Using various forms of communication, 1. VERBAL, 2. NON-VERBAL, 3. WRITTEN:
   - Share an experience when you used the wrong form of communication for a certain audience, and what did you learn from that experience?
   - How do you manage follow-up, when you don't get a response from different audiences?
   - What is your preferred method of communication for difference audiences?
6. For more resources on Communication, you may want to review Betsy Butterick, specifically her Blog & ACT Videos.
7. Discuss challenges you foresee needing some assistance with over the next month
8. Create the date and time for your next meet-up