



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 allow for preparation.

FINDING BALANCE IN WORK & LIFE

Prompt for: ALL

1. How do you prepare in advance for the upcoming season? And get those around you on the same page to eliminate last minute stressors?
2. How do you manage the collision of work and life during busiest times of year?
3. Discuss ways you “self-care.” How do you stay healthy?
4. Relaxing and unwinding during dead periods, off-season, holidays, etc.:
 - What do you do?
 - How do you encourage your staff?
 - What do you expect of your team?
 - How do you manage being present for your team and your family/friends during holidays/ summer/ spring break/ etc.?
5. What are some ways coaches can continue to develop themselves during the year?
6. Discuss challenges you foresee needing some assistance with over the next month
7. Create the date and time for your next meet-up