

A HOLISTIC APPROACH TO COACHING

DEVELOPING A COACHING PHILOSOPHY



Establish your vision



Establish your
mission



Establish your values



Establish your morals

THE BUILDING BLOCKS

Vision

A statement of what you want to achieve and what motivates you to keep going. For example, winning a championship, or graduating athletes to the next level

Mission

The method you will use and the path you will take to accomplish your vision. For example, strong skill development and team cohesion.

Values and Morals

Values are the beliefs that dictate behaviour, while morals are the actions, beliefs, and principles that guide our values.

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ESTABLISHING YOUR VISION

Step 1:

Make a list of what you want to accomplish in your coaching

Step 2:

Make a list of what motivates you to coach. What keeps you coming back during the difficult times?

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ESTABLISHING YOUR MISSION

Step 1:

With your vision in mind, make a list of what you want to accomplish on the way to achieving your vision: this is your mission

Step 2:

Make a plan of how you will accomplish each of these things.
Example strong skill development: weekly sessions, coach training, etc.

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ESTABLISHING YOUR MISSION

Step 2 cont:

Make a plan of how you will accomplish each of these things.
Example strong skill development: weekly sessions, coach training, etc.

Step 3:

Try to summarize your mission into 1 - 2 sentences

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ESTABLISHING YOUR VALUES AND MORALS

Step 1:

Make a list of all your values (See a list of values on the last page)

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ESTABLISHING YOUR VALUES AND MORALS

Step 2:

Categorize each of the values as: a **weak value** (I say I value X but in fact I do not), a **situational value** (I value X when the situation calls for me to value it. Eg. Observation) or as a **core value** (I value X and this is observable in my behavior).

Weak Values

Situational Values

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ESTABLISHING YOUR VALUES AND MORALS

Step 2 cont:

Core Values

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WRITING YOUR PHILOSOPHY

Step 1:

Considering all of the information you just brainstormed, try and write your philosophy. Don't worry too much about length, just focus on including your values and how they related to your vision and mission.

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WRITING YOUR PHILOSOPHY

Step 2:

Take the philosophy you just wrote, and try to reduce it down to just 32 words.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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WRITING YOUR PHILOSOPHY

Step 3:

Now try to continue to reduce your philosophy. Start with 16 words, then 8 and finally only 4. What remains should be your core values.

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WRITING YOUR PHILOSOPHY

Step 4:

Take your 4 core values and expand them back out into your philosophy, being as precise as possible. Try to keep it to a max of 32 words or 90 second.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

References:

Adapted from EPHE 576 Assignment: Adopting a holistic coaching style to promote the development of life skills in athletes (2019)

Hill, D. (2019, July). Intro and philosophy. Lecture presented in University of Victoria,

Victoria. Malloy, D. C., Ross, S., & Zakus, D. H. (2003). Sport ethics: Concepts and cases in sport and recreation. Toronto: Thompson Educational Pub.

List of Values

VALUES: ONES JUDGEMENT OF WHAT IS
IMPORTANT IN LIFE

- Accountability
- Achievement
- Acknowledgment
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Being the best
- Belonging
- Career
- Caring
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Determination
- Dignity
- Directness
- Diversity
- Empowerment
- Environment
- Efficiency
- Equality
- Ethics
- Excellence
- Fairness
- Faith
- Family
- Financial stability
- Focus
- Forgiveness
- Freedom
- Friendship
- Fun
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Nature
- Openness
- Optimism
- Order

"Define your priorities, know your values and believe in your purpose. Only then can you effectively share yourself with others."

-Les Brown

List of Values Cont.

VALUES: ONES JUDGEMENT OF WHAT IS
IMPORTANT IN LIFE

- Parenting
- Patience
- Peace
- Perseverance
- Personal fulfillment
- Power
- Pride
- Recognition
- Reliability
- Resiliency
- Resourcefulness
- Respect
- Responsibility
- Risk -taking
- Safety
- Security
- Self-control
- Self-discipline
- Self-expression
- Self-respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Teamwork
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wholeheartedness
- Wisdom

Others:

“Open your arms to change but don’t let go of your values.”
- Dalai Lama

Adapted from : Brown, B. (n.d.). List of Values. Retrieved from <https://daretolead.brenebrown.com/wp-content/uploads/2020/02/Values.pdf>