

“Confrontation for Connection”

with Betsy Butterick

The Coaches' Coach & Communication Specialist

Most people fear conflict and confrontation because they've had a negative experience, or because they were never taught how to engage in these types of conversations skillfully. It's no coincidence that the most successful teams are also the ones who communicate most effectively. Help your team have greater success this season by showing your student-athletes how to navigate difficult conversations in a way that builds trust and relationship.

The Story of the Sea Captain: Navigating Rough Waters

Circle Down Exercise: Changing How We View Conflict and Confrontation

Safety First: Becoming a Difficult Conversation First Responder

When it comes to having difficult conversations we can all get “B.E.T.T.E.R.”

B – BRING your body:

E – EXPRESS your desire:

T – TAKE responsibility:

T – TONE of voice:

E – ELIMINATE confusion:

R – REQUEST for the future: