



BETSY, THE COACHES' COACH

& COMMUNICATION SPECIALIST

Confrontation for Connection

The conversations most critical to team success are often the exact ones we avoid having. Many of us fear conflict and confrontation because we've yet to have a positive experience, or because we were never taught how to engage in these conversations skillfully. It's no coincidence that the most successful teams are the ones who communicate 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:



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