

Self-Talk: What it is and How it Can Help or Hurt Yourself and Your Players

- Definition – what is self-talk?
- Examples of professional athletes, your own team, and/or yourself
- Questions to ask your players who are struggling
- Necessity of practicing noticing, then changing self-talk
- Mindfulness – definition and importance
- Red/yellow/green light example from Jeff Janssen’s “Team Captain’s Leadership Manual”

Discussion:

-Why are some coaches so resistant to spending time helping their players’ mental state?

-How do you think changing self-talk could impact your own life?

-Prior to this discussion, have you ever thought about the ways that you talk to yourself internally?