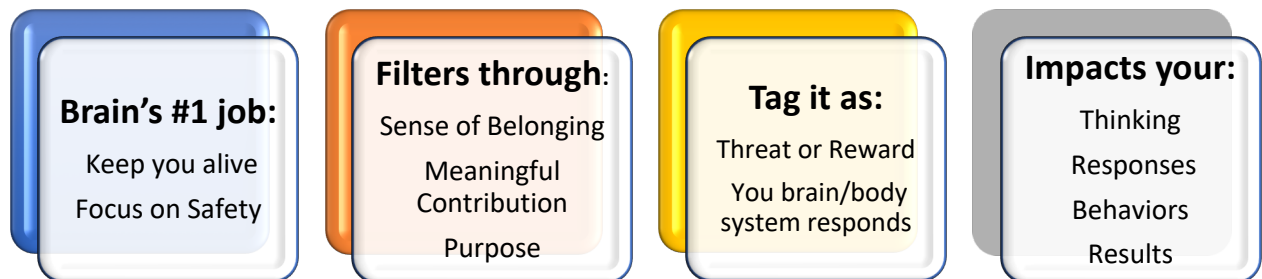


Culture

Culture is a by-product of habits and behaviors. The habits and behaviors of players and teams are driven by our beliefs, thinking, mindset, and a concept called *social safety*.

Social Safety

Social safety is our hardwired, biological response to ensure we are “safe” and belong to a group. Largely outside of their conscious awareness, players and coaches will filter through a lens of social safety and respond by tagging incoming cues as a threat or reward. These responses determine if they will speak up, take risks, change behavior, or engage impacting both player performance, communication, and culture.



Connect in a new way

1. Awareness

Recognize the way our brain is wired to respond based on social safety. Understand how we filter and tag incoming cues (language, body language, perceived threats) and our typical responses.

2. Prediction

As a coach and leader, you can use this model to predict how your language, communication, and expectations can be filtered by others through the social safety lens. This allows you to slow down and be more intentional in deciding what and how to engage and communicate.

3. Choice

Even though our brain is filtering primarily through a threat response mode and we are easily triggered, we always have a choice in how we respond. Coaches can be more mindful of their own responses and mindset and this connection provides players the opportunity to manage their own responses as well.

Learning, understanding, and applying the techniques of Brain-Based Coaching will enhance your ability to connect with your players shifting your program to a **Culture of Connection**.