

## Coaching – How the environment shaped me

If the environment plays a major role in shaping behaviour then it is important to think about the experiences that have helped to shape us as a coach. Growth mindset people will continually look for opportunities to work on areas where they could improve. These areas are not always apparent and reflection about why you do what you do is important. Use the document below to highlight what you feel has shaped your coaching and any opportunities to improve that might exist because of this.

Name	Date
List below any experiences you feel have helped to shape your coaching. This could include the influence of previous coaches, your perceived successes and failures as an athlete, the influence of parents, why you love coaching etc.	
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Using this understanding, please detail below areas where you feel there may be opportunities for you to improve.	
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