

Mindset Survey - Coach

How you think about sport is very important. This survey is designed to find out more about how you think to help understand how best to develop your potential. As such there are no right or wrong answers, only **your** answers. Please answer the questions honestly and try not to think too much about any answer. Just choose the answer that seems to fit you best most of the time.

Name	Date
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Please answer **all** questions.

1. Think of a world class sports person you admire. What percentage of their success do you think is down to being naturally talented _____% and how much is down to dedicated practice _____% (must add up to 100% in total)
2. You receive some feedback from someone in your coaching team that you think was harsh and overly critical. Which of the following options below best describes what you would learn from this type of feedback (circle one);
 - A. Not very much. I find it difficult to learn when people are overly critical
 - B. I learn a lot when people are overly critical
 - C. I learn nothing when people are overly critical
 - D. I can always learn something when people are overly critical
3. You are taking on a new coaching challenge where you may need to develop some new skills. Please circle the one statement below that best describes how you would approach this situation;
 - A. I'm happy to let my sport/discipline guide my development
 - B. I'm happy to let my sport/discipline guide my development with some input from me
 - C. I feel I need to learn about my development so I can take some responsibility for how things work out
 - D. I feel I need to push myself to learn as much as possible about how I can develop so I can take responsibility for how things work out

4. Please circle below your response to the following statement – ‘even if I think I might fail when I try something new I’m always really up for the challenge of trying’

- A. agree B. mostly agree C. mostly disagree D. disagree

5. You attend a coaching course where some interesting new information has been introduced. However you are finding it difficult to master while other coaches seem to pick it up quickly. Which of the following statements best describes how you would respond in this situation (Circle one);

- A. You wouldn’t use it and would go back to what you’ve always done
- B. You usually persevere and would try to master it
- C. You might stick with it for a while but if progress is slow you would go back to what you’ve always done
- D. You have good perseverance and would keep going until you master it

6. Please circle the one statement below you most agree with;

- A. Natural talent is something about you that can’t be changed very much.
- B. You can learn new skills and develop but you can’t really change how naturally talented you are
- C. No matter how much natural talent you have you can always change it quite a bit.
- D. You can always substantially change how naturally talented you are

7. Please use the scale below to indicate who you feel has the main responsibility for making the sessions you deliver the best they can be? Please mark a cross on the continuum to indicate if you feel this is more your responsibility or the athletes responsibility.



8. Your coaching is going well and you have been given the option of stepping up to coach a group of athletes at a higher level than you have worked with before. How would you respond if given this choice (Circle one);

- A. As you are going well you are happy to stay where you are
- B. Feel you would thrive in this more challenging environment
- C. You would think about it but would probably stay where you are
- D. Happy to give it a go and see what you can learn

9. Please circle below your response to the following statement – *‘You have been working on some coaching interventions but with only limited initial success. Although you feel the athletes are starting to question your coaching you would try to find a way to make it work rather than go back to what you’ve always done’*

- A. agree B. mostly agree C. mostly disagree D. disagree

10. If you get a bit of criticism from an athlete/parent about how effective your coaching is, which of the following statements best describes how you would respond (please circle one);

- A. I feel I learn very little from this type feedback
- B. I am always happy to get feedback to see what I can learn
- C. I don’t feel I learn anything from this type of feedback
- D. I can usually find something helpful to learn from any feedback

Understanding your responses

Effort or talent focused

Question 1 - A high percentage of their success down to being naturally talented suggest a more fixed mindset. A high percentage of their success being down to dedicated practice suggests a more growth mindset.

Question 6 – A and B suggest a more fixed mindset and C and D suggest a more growth mindset.

Response to challenges

Question 4 – C and D suggest a more fixed mindset and A and B suggests a more growth mindset.

Question 8 – A and C suggest a more fixed mindset and B and D suggest a more fixed mindset

Response to setbacks

Question 5 – A and C suggest a more fixed mindset and B and D suggest a more growth mindset.

Question 9 – C and D suggest a more fixed mindset and A and B suggest a more growth mindset

Response to negative feedback

Question 2 - A and C suggests a more fixed mindset and B and D a more growth mindset.

Question 10 – A and C suggest a more fixed mindset and B and D suggest a more growth mindset.

Ownership

Question 3 – A and B suggest a more fixed mindset and C and D suggest a more growth mindset.

Question 7 – An X nearer C and D on the continuum suggests a more fixed mindset. An X nearer A and B on the continuum suggests a more growth mindset.

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