POSE CHARACTER BUILDING  CHARACTER ATTRIBUTES

**PERSISTENCE**
The determination to work towards goals regardless of setbacks.

**OPTIMISM**
The hopeful outlook that positive things can happen and with effort, those positive things can occur.

**SELF-REGULATION**
The ability to control one’s own thoughts, feelings and/or behaviors and have an appropriate response to specific situations.

**EMPATHY**
The ability to understand and share what someone else is feeling without judgment.

### TERMS COACHES CAN USE WITH ATHLETES
- “Finish it up”
- “Stay with what is working”
- “Find another way”
- “Don’t give up”
- “Look around the obstacles”
- “Find the positive”
- “Focus on your last success”
- “Focus on what you CAN do”
- “Find the good in now”
- “Use positive self-talk”
- “Stay focused”
- “Stay calm”
- “Stay under control”
- “Be aware of your physical contact”
- “Be aware of your surroundings”
- “Take perspective of others”
- “Show compassion”
- “Be kind”
- “Understand what someone else is feeling”
- “Take care of our team/teammates”
- “How would you feel if that were you?”

### WHAT IT LOOKS/SOUNDS LIKE WITH ATHLETES
- Asks for appropriate help when challenged
- Stays focused on the process (not the outcome) of an activity
- Stays engaged with the activity
- Breaks tasks into smaller manageable parts
- Makes the connection between effort and success
- Imagines or rehearses a different outcome
- Looks for solutions when faced with challenges
- Uses positive self-talk and affirming language with others
- Sees the next opportunity for improvement/success
- Helps others in finding the positive in difficult situations
- Plays fair
- Can tell you why she/he took a specific action
- Takes time to reflect before reacting
- Demonstrates impulse control
- Communicates using appropriate tone & feeling words
- Shows care and concern for others
- Celebrates teammates who are successful
- Articulates what others might be feeling correctly
- Engages in active listening (eye contact, facing the person, asking questions)
- Seeks out others who need support or encouragement

### EXAMPLES IN SPORT
- Athlete changes strategy when they are not able to achieve the goal
- Athlete shows increased effort each time they perform the same activity/game
- Athlete seeks to find ways to measure improvements with feedback or statistics
- Athlete visualizes or verbalizes performance before game/activity begins
- Athlete uses positive supportive language with peers who are experiencing difficulty
- Athlete maintains the same level of intensity in a game/activity despite the potential outcome
- Athlete refrains from overly aggressive behavior in games or activities
- Athlete waits for coach to begin an activity; stops when activity is over
- Athlete listens to and adheres to the officials in games

### CRITERIA FOR ACTIVITY SELECTION
- Includes a measurable goal or is outcome based
- Involves mastering a skill or team competitions
- Involves physical contact or individually competitive

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