



EVOLVE UPDATE:

Growth Mindset Peer-Sharing



Alina Aref'yeva
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Growth Mindset Working Group

INTRODUCTION

- *Activating Growth Mindset and other positive coaching philosophies as part of the EVOLVE Initiative is intended to help to create positive team and athlete experiences with better coaching strategies; build our coaches' capacity to deliver exceptional experiences; and explore if this results in retention of athletes and Club growth.*
- *The first step was to provide some tangible education opportunities for our coaches to understand the alternative coaching strategies*
 - *Spring PD Sessions*
 - *Introduction to Growth Mindset – Dr. Cari Din*
 - *The "HOW"- The Practical Application of Growth Mindset in Everyday Coaching – Jennifer Koptie ChPC*

BC ARTISTIC SWIMMING **TRUE SPORT LIVES HERE**

Growth Mindset Working Group

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Activating Growth Mindset and other positive coaching philosophies as part of the EVOLVE Initiative is intended to help to create positive team and athlete experiences with better coaching strategies; build our coaches' capacity to deliver exceptional experiences; and explore if this results in retention of athletes and Club growth. The first step was to provide some tangible education opportunities for our coaches to understand the alternative coaching strategies and our next step is to form a working group of coaches to activate deliberate growth mindset actions within their activities and interactions with athletes and to collect anecdotal evidence of change.

The Growth Mindset Working Group will involve a series of online meetings over the Summer and early Fall where we will discuss implementing this concept in to daily practice. This will include:

- embedding Growth Mindset into a yearly training plan,
- strategically working it into lesson plans, and
- incorporating other best practices or new discoveries related to this topic.

The Working Group will then implement these tools in to the actual coaching environment with our athletes during the 2020-21 season with ongoing check-ins throughout the season. Coaches will have access to ongoing support – group or one-on-one – as needed.

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BC ARTISTIC SWIMMING

Growth Mindset Working Group

INTRODUCTION

- *OUR NEXT STEP WAS TO FORM A WORKING GROUP OF COACHES TO ACTIVATE DELIBERATE GROWTH MINDSET ACTIONS WITHIN THEIR ACTIVITIES AND INTERACTIONS WITH ATHLETES AND TO COLLECT ANECDOTAL EVIDENCE OF CHANGE.*
- *IN THIS CURRENT CLIMATE, WE ARE ALL AS COACHES LIKELY DOING SOME SELF-REFLECTION*
- *THIS IS AN OPPORTUNITY FOR US TO CHANGE THAT CYCLE THAT WE MAY FIND OURSELVES IN AND MAKE SOME CHANGES TO CREATE A POSITIVE ENVIRONMENT FOR OUR ATHLETES*

BC ARTISTIC SWIMMING

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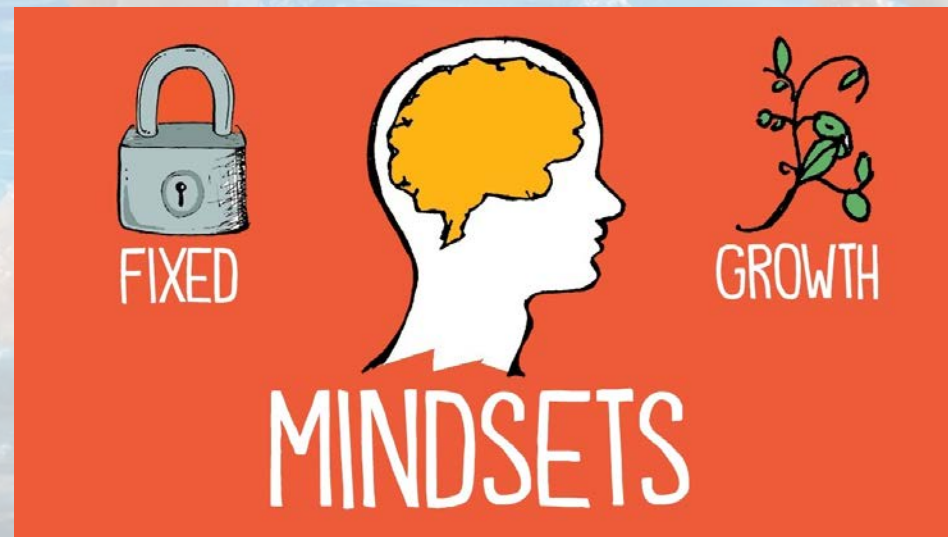
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We are connected as a COMMUNITY • We strive for EXCELLENCE • We offer INCLUSIVE programs • We act with INTEGRITY • We communicate RESPECTFULLY

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Initial Meeting

- What do we know?
- What do we want to know more about?
- Practical steps to begin the process – small changes can make a big difference.



Peer Sharing Video

Rosilyn Tegart



Peer Sharing Video

Alina Aref'yeva



Tools From Alina



Athlete Log

* Required

Date *

Date

yyyy-mm-dd

Name *

Your answer

What are your goals? *

Your answer

Post-Training Goal Review *

Your answer

Performance State Self Assessment: ENERGY *

1 2 3 4 5

Performance State Self Assessment: STRESS *

1 2 3 4 5

Performance State Self Assessment: SORENESS *

Tools From Alina



Performance State Self Assessment: SORENESS *

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Performance State Self Assessment: NUTRITION *

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Performance State Self Assessment: HYDRATION *

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Training Intensity *

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hours of Sleep *

Your answer _____

MOOD *

- Positive
- Neutral
- Negative

Tools From Alina



Negative

MY DAY WAS: *

Great

Okay

Awful

What could have the coaches done better to help you grow? *

Your answer

Submit

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Mid-Season Goal Setting

First, time for a self-assessment. Fill out your characteristics of excellence form. What did you score?

CHARACTERISTICS OF EXCELLENCE

RED 1-4	ORANGE 5-7	GREEN 8-10
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1. Performance on demand [RED ORANGE GREEN]

Regardless of competitors, situation, score, conditions, any time, any place, they will excel

2. Work Ethic/ High Compete Level [RED ORANGE GREEN]

Unparalleled, pride themselves on setting the tone, work hard even when no one is looking

3. Confidence in Ability to Execute [RED ORANGE GREEN]

No self-sabotaging or creating excuses before competing as to why they might not perform well

4. Performance Consistency [RED ORANGE GREEN]

Both in training and competition, no big difference between training and competition

5. Accountability for Performance [RED ORANGE GREEN]

Able to objectively assess and accurately determine factors that helped or hindered performance, assessment not emotionally based, able to separate outcome from process

Tools to Use NOW

- Mindset Check-Up: Tool given to our coaches by Dr. Cari Din during her session last season
- Train Ugly – If you have not already done so, go check this guy out!
 - AMAZING videos: Jungle Tiger anyone?!
 - Podcasts
 - Growth Mindset HUB: workbooks, videos, etc.

THERE IS SO MUCH OUT THERE – share what you have with us so we can share with all of you!

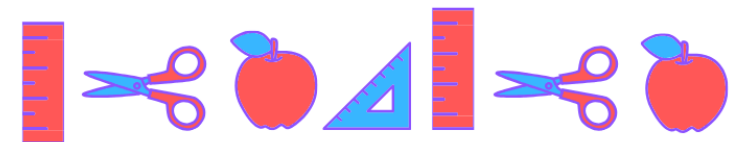
We will be sure to share all of these tools, links, etc. With you in the coming weeks as part of the post-meeting follow-up.

GROWTH MINDSET

HOW TO HELP YOUR CHILD

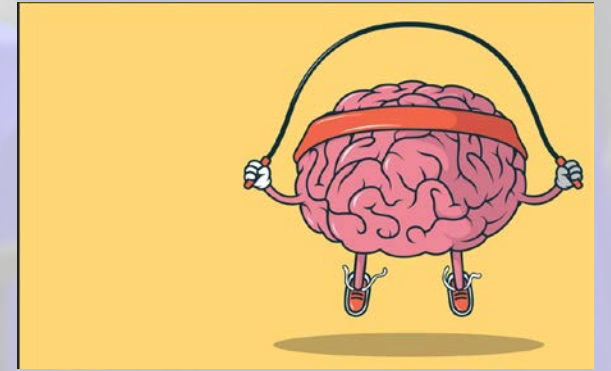


How can I help my child develop a growth mindset that will allow him to see—and reach—his potential?



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What's Next?



- Expand the group!
- We want to have coaches from across the province learning and growing together as we take on this growth mindset journey.
- After 1 season of starting up this group, we realize that even a couple meetings and check-ins throughout the can create a big impact in the type of environment we are creating for our athletes.
- In the next couple weeks, I will be reaching out to coaches across the province in hopes of expanding this working group to include more of our coaches
 - PUT YOUR NAME IN THE CHAT (Or email me now) IF YOU KNOW THIS IS SOMETHING YOU WOULD LIKE TO BE A PART OF!

Questions

