



***Approach towards a sporty & healthy lifestyle***

# Social and Emotional Well-Being



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# 1

# Introduction



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# Definition – Social Well-Being



The ability of people to have high life satisfaction, a sense of purpose, manage stress, feel happy, socially connected and purposeful. Within ourselves.



# Definition – APPLE Collaborative



The ability to interact and form positive, meaningful, and supportive relationships with peers and adults. It is how we relate to others.



# 2

## The Role of Sport



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# The Role of Sport



The Role of sport is to provide a framework of experiences and skills that develop positive social well-being. Or how we relate to others.



# Camaraderie or Teamwork



- Mutual Trust and Friendship
- Working Together not Apart-  
Together Everyone Achieves more
  - Selflessness-putting your team first
  - Different Roles
    - Different Teams
      - Different social network outside normal network
      - May be a leader in one group and a follower in another
    - Roles Change throughout training or game (daily life)
- Strong Sense of Community
  - Being part of something bigger than one's self
  - Being part of this community will help fight feelings of isolation





# Teaches Soft Skills



- Desirable qualities for certain forms of employment that do not depend on any acquired knowledge
  - Time Management
  - Following Directions
  - Working With Others
  - Problem Solving
  - Focus and Concentration(Outside Noise)
  - Learning the Give and Take of a Team
  - Your Role as an Individual in the Group



# Goal Setting



- Set Goals for Self and Team
  - Goals should be specific and attainable
  - Goals should differ from athlete to athlete
  - Focus on the process of achieving the specific goal
  - Strong sense of accomplishment when each step to the goal is achieved
- When we don't reach our goals
  - Should adjustments be made in our approach
  - Successful people review the path that they have taken to achieve their goals



# A Social Setting



- How to handle yourself in a social setting
- Communicate
- Expressing yourself
- Constructive criticism
- Assertive without being offensive
- Decision making skills and the consequences
- Being an equal member in group



# Self Esteem and Self-Confidence



- Relationship with other Players and Coaches
- Responsibility of both parties
- Sense of Self-Confidence
- Culture of team or program will help student-athlete see value to both team and program
- Building Blocks of Teamwork
- Sport participation will contribute to an individual's positive perception of self-worth, when done right



# Relationships



- The Relationships or Bonds that athletes form can be very strong
  - Support each other
  - Have solidarity as a group
  - Learned empathy for each other
  - Support each other in good times and in bad
  - Combat isolation
- Common Experiences
- Common Memories
- Worked Hard Together
- Common Goals
- Lasting Relationships formed through Sports



# 3

## Coaches Role



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# Relationships



- The relationship built between player and coach is the number one priority for successful teams and successful groups
  - The Emotional and Social Health of the athlete is first step in development of the athlete
  - A strong relationship with each member of team or program (player to assist coach)
  - Only takes two minutes of conversation over a period of ten days(take the time)
- Coaches must enjoy what they are doing
- Coaches joy should come from seeing growth of the each student athlete
- A child's experience(positive or negative) is generally contingent on the way that the sport is delivered by the coach or parent
- Coaches have total control over how sport is presented to athlete on the field



# Relationships



- When can you build a relationship
  - Anytime you are around the athlete
  - Plan times activities when everyone learns something about someone else on team or in program
  - Outside of trainings
    - Team Outings
    - Meals
- Observing
  - Before, During or After Training
- Always give athletes the respect that you would want them to give you
- Listening is the best way to show you care
- Find a common interest-you have one already





# Modelling



- We have the opportunity to show the behavior that we want
  - Be excited and enjoy what you are doing
  - Be prepared
  - Share individual success with everyone
    - High Five, Great Job, Way to Go, Body Language
- We are continually influencing our players and the spectators
  - What we say will be heard and may have a tremendous impact
  - Each of us is Fortunate that we have this opportunity



# Modelling



- Athletes and Spectators will take cue's from Coaches when things go poorly
  - At trainings correct with a positive then how the skill can be corrected
  - At games correct mistakes in a manner you would want to be corrected
  - Make officials our friends
  - How do we respond to a loss or a poor play
- Ultimately you are responsible for any loss and players and assistants are responsible for all wins
- How will you move on from a Win or a Loss



# 4 Closing



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# Closing



The social skills learned and developed through the participation in sport are the same social skills that we use to interact through life. Each Coach is fortunate to have such an opportunity to share their love of sport but also to influence the emotional and social development of youth



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# 5

# Resources



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# About the Author



- Laura Pippin has a Masters Plus 30 in School Psychology from the University of Akron, in Akron Ohio. Her Bachelor's Degree, obtained from Hiram College is in Psychology and German.
- Laura was able to complete a successful thirty-two year career in School Psychology in four different states. She is a member of the National Association of School Psychologist, South Carolina Association of School Psychologist, and a former member of the State Associations in Kentucky, Ohio and Michigan.
- Her work included assessment, programing, and planning for students who struggled in school. She was a pivotal partner in creating educational teams to help young people succeed not only in a school setting but also preparing for success in everyday life.

# About the Author



- Dan has a Masters Degree from Columbia College in Columbia, South Carolina in Divergent Learning and a Bachelors Degree in Secondary Education from Saint Joseph's College.
- Dan has had the opportunity to work with young people in four different states and seven different schools. He has been very fortunate to have had the opportunity to be a Motivational Speaker for different Universities and Civic groups throughout the United States during his 30 year career. His main focus has been on Team Building and Positive Leadership.
- Dan has won numerous awards as a Teacher, Head Football Coach and Athletic Director. At the Local, State and National Level. His record as a Head Coach is 164 and 89.





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