

Women in Sport Coaching Conference

Creating Environments for Athletes to Flourish

#WomenInSportIRE



Sarah Kelleher

Creating environments for athletes/players to flourish



Please use mentimeter to ask a question

5732 5027

Three words to
describe
environments
where you have
flourished





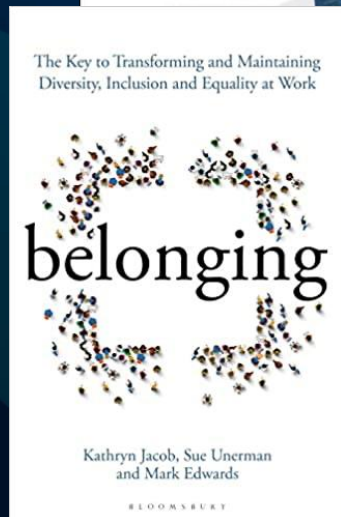
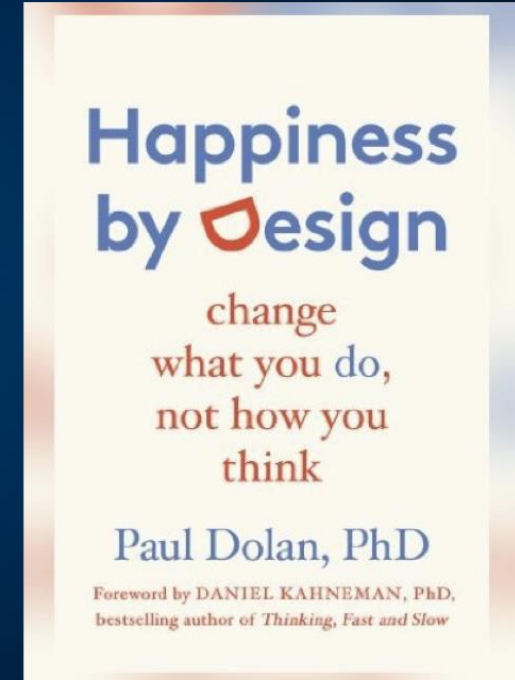
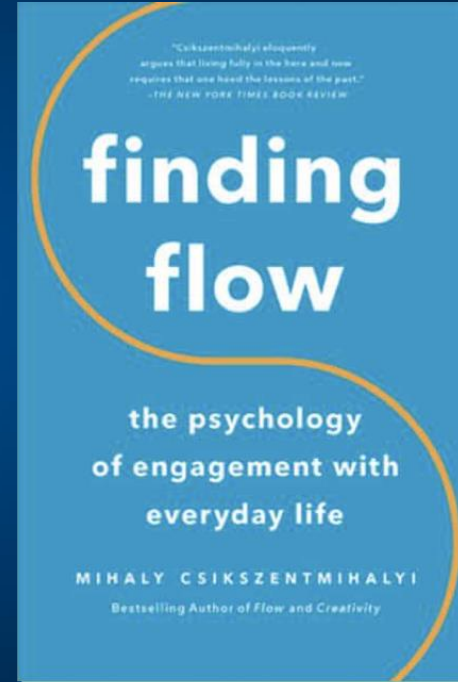
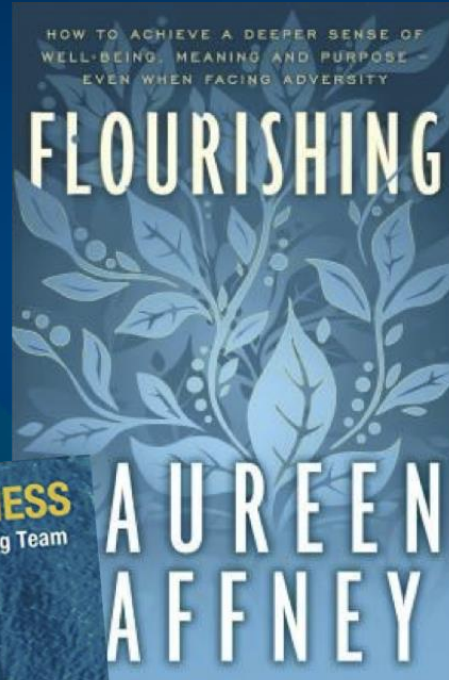
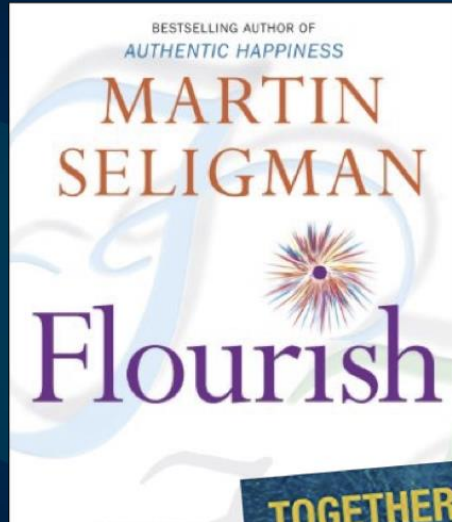
The Scorpions Basketball team included, players Leslie Wills, Noelle Wills, Fiona Sheehan, Sarah Kelleher, Cliona O Geran, Bridget Kelleher, Rachel Hallissey, Yvonne Wills, Valerie O'Donovan, Jim McMullen (chairman), Grace Downey (treasurer), Pamela Ahern, P.R.O. (Maurice O'Mahony)

Sarah Kelleher

Truth.







FLOURISHING MODEL OF COACHING

CREATING ENVIRONMENTS WHERE PEOPLE FLOURISH AND CAN BE THEIR BEST HIGH PERFORMING SELVES

(PERFORMANCE = POTENTIAL - INTERFERENCES)

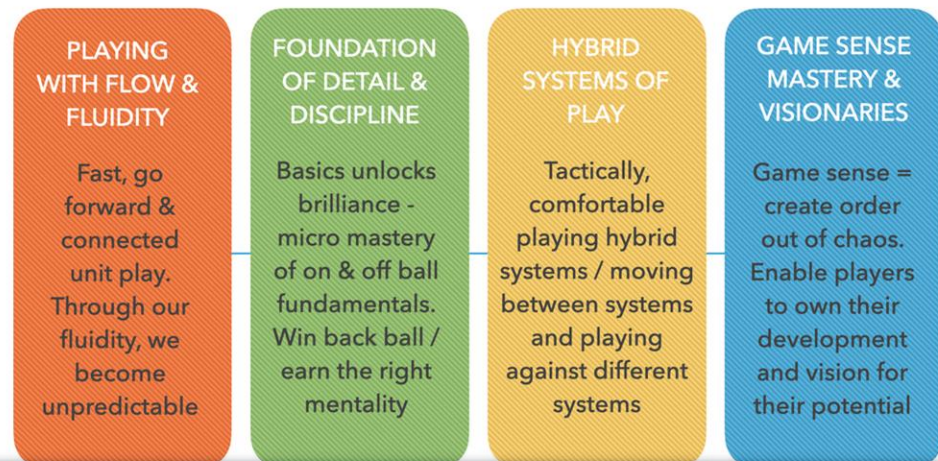
As a coach leader, my role is to be a facilitator, an enabler, a cultural architect by guiding individuals & teams to solutions; allowing learning to emerge, be owned and co-creating what we want together...

“Through effort comes magic

MY MANTRA



Four pillars of purposeful play guiding principles:



PERFORMANCE

POTENTIAL

INTERFERENCES

Tim Gallwey, Author of 'Inner Game of Tennis'



“

By personifying gremlins – your inner critics, you have a shorthand way to identify and discuss them



The ABC of unlocking potential

Self determination theory



Build a metaphor of your Flourishing Best Self

Give meaning

Share – ask questions



CHOOSE A TASK TO PLAY WITH

Draw and name your Gremlins...

Think in illiteration -
Wendy Worrier



I feel safe, I
belong and I can
be me

*Love & togetherness in
the seams*



Happy to win

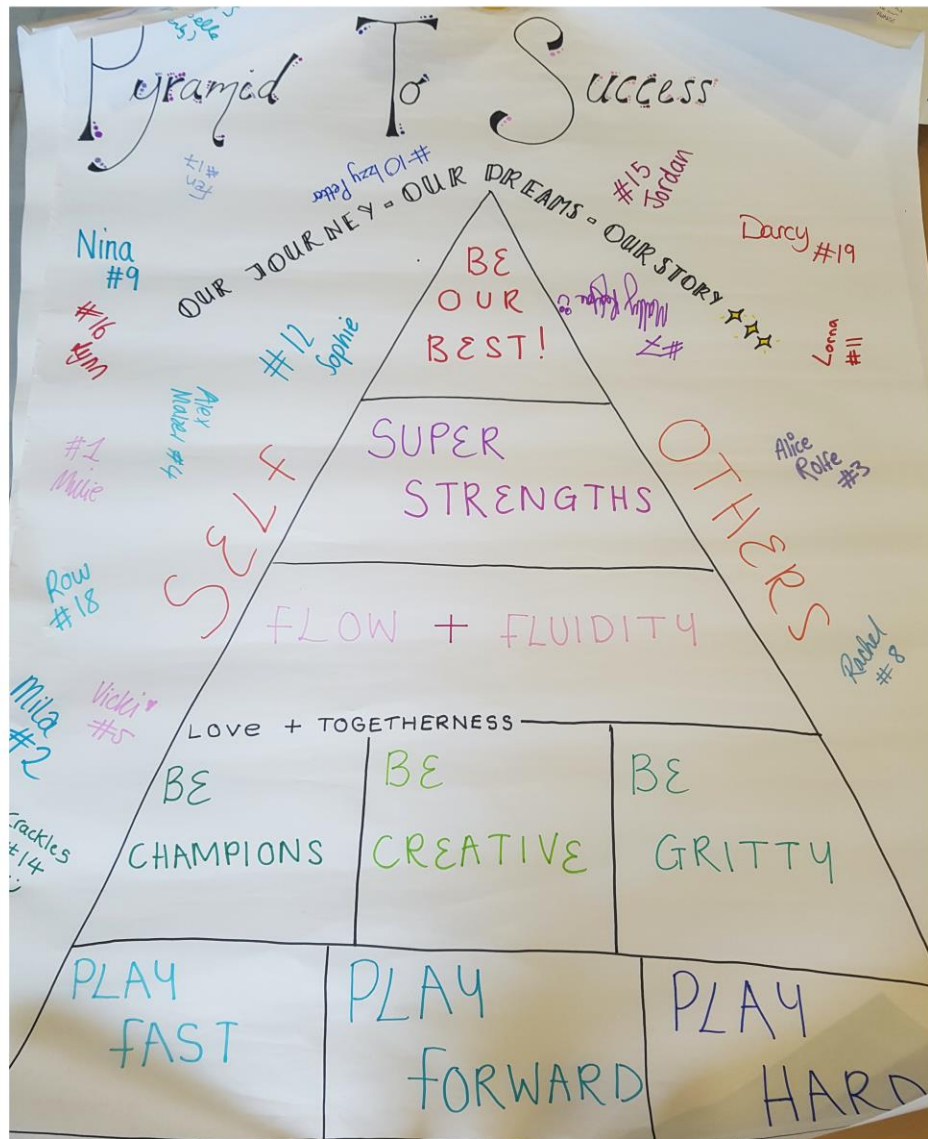






SPORT
IRELAND
COACHING

Women in Sport Coaching Conference

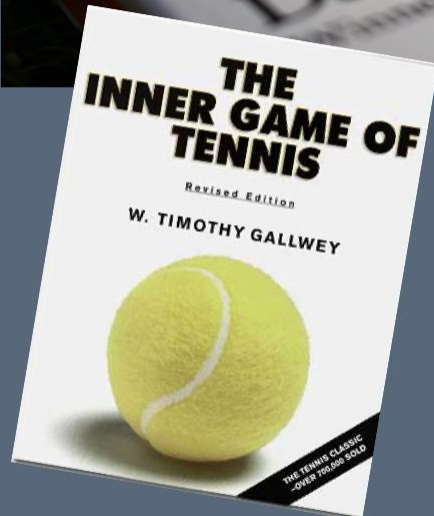


THE USE OF THEMES AND THE POWER OF STORYELLING

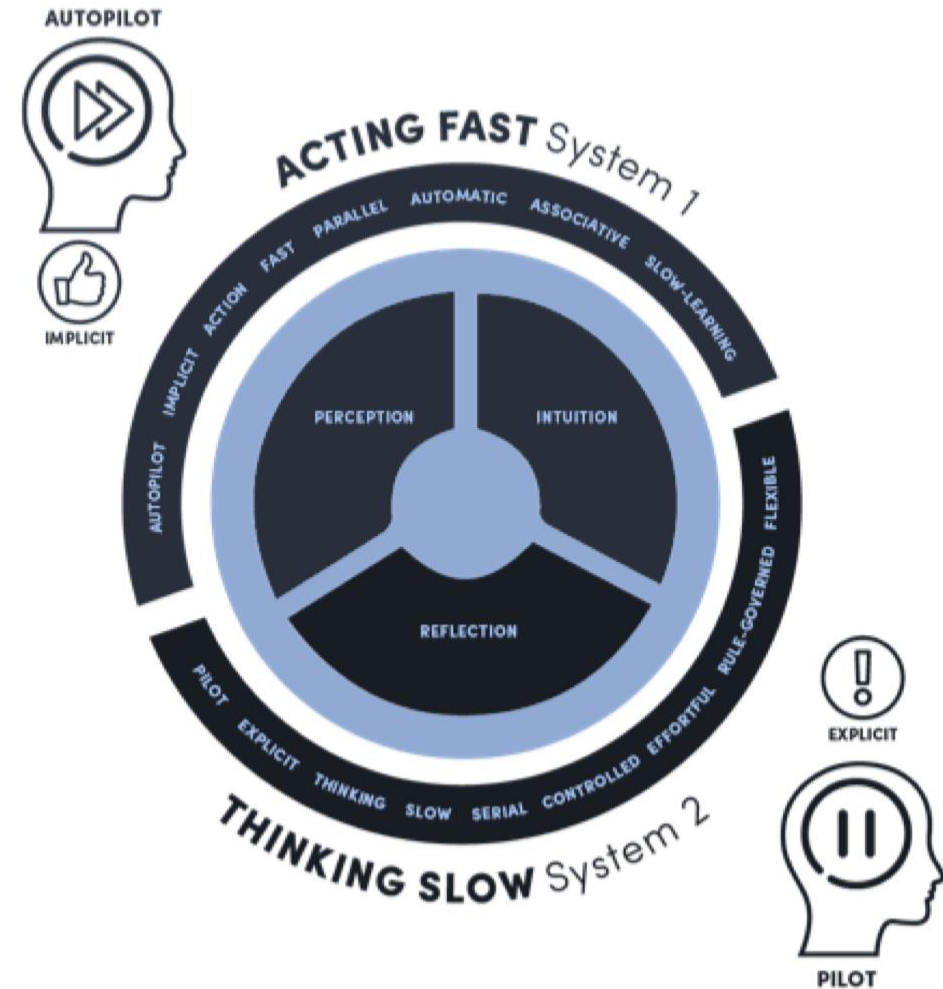
#WomenInSportIRE

SYSTEMS THINKING

Daniel Kahneman's Nobel Prize-winning framework outlines the two distinct modes of thinking that shape our decisions and behaviour



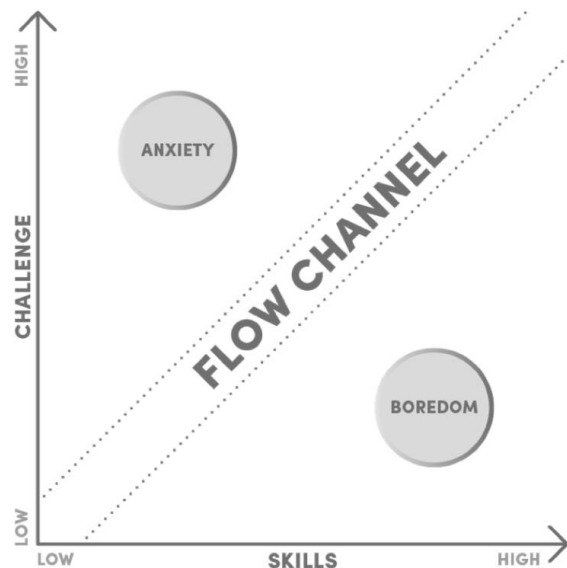
A Tale of Two Minds



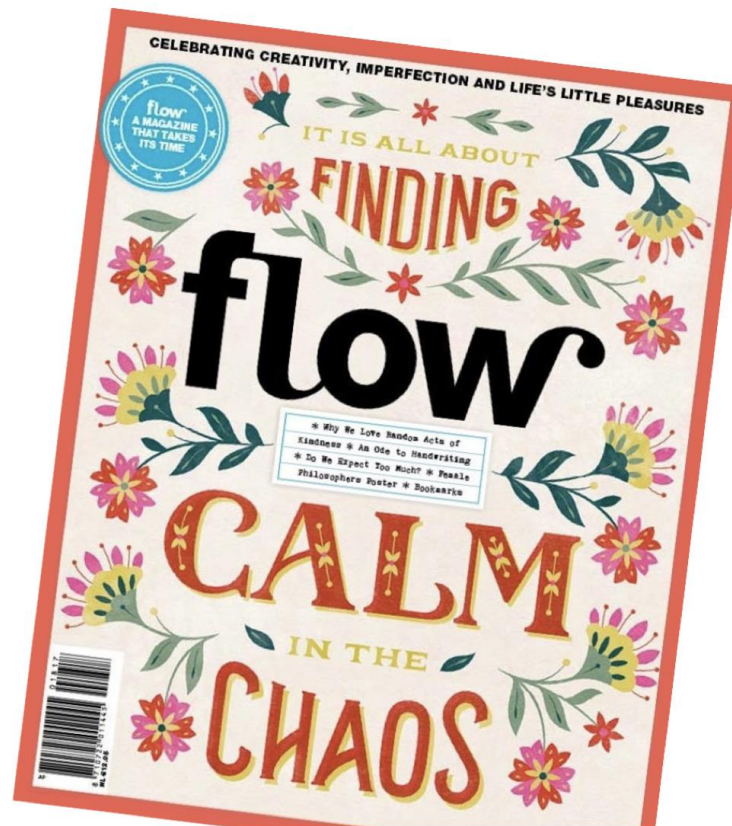
Source: Thinking Fast & Slow, Daniel Kahneman, 2011.

FLOW – IN THE MOMENT

We perform to our best when we stay in the moment and when we are at the edge of our comfort zone



Source: Finding Flow, Mihaly Csikszentmihalyi, 1997.



It takes courage & being vulnerable to move outside your comfort zone, but in doing so you can boost your confidence & your abilities by demonstrating that you can handle the unknown



Purposeful play –
embracing
creativity and
overcoming the
fear of failure

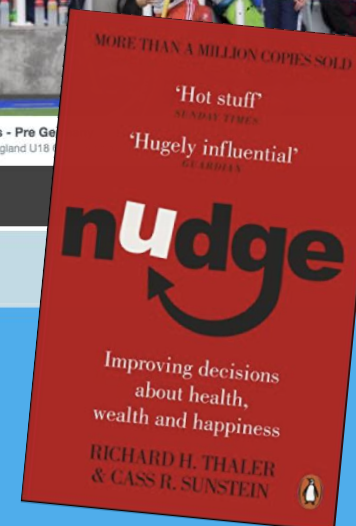
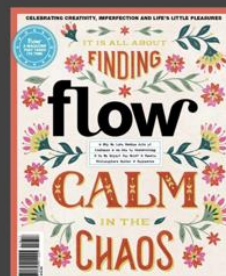


The concept of 'collisions' is for a group to share things about themselves that do not ordinarily emerge in all the time spent working together



A dinosaur for example could be 'what would you change from your past? For a spider, the question might be 'what is your greatest fear' or 'how have you overcome fears in the past'?

FLOURISHING BY DESIGN



Messenger

Salience

Priming

People remember the start and the end - How do you design 'peak end experience' into your environment design?

Priming and level up cards...



Priming: Tiki-Taka/Snake run

Level 1: Lava floor / Lightening + choice from One Way/Fast Forward

Level 2: Teams pick a card - one zonal/one M2M each with a task. Teams don't know what card the other team has. If they guess = bonus 5 points > use pause to have the opportunity to guess - 1st to guess correctly gets the bonus points

Level 3: Dial up any with 2 / 3 touch

Champions Mode. Ask how will you purposefully use a pause? Pick a player who wears superpower band. With x r pick a card (face down) and together agree - rock, paper, scissors to decide on which scenario.

The Incredible Visual Skills of Cristiano Ronaldo





24

Character strengths are universal traits, recognised by all civilisations, ancient and modern.

Social scientists have identified 24 character strengths, which fall under six broad virtue categories: wisdom, courage, humanity, justice, temperance and transcendence.

Each one of us possesses all 24 in varying degrees. Recognising and drawing on our strengths can help us live happier and more authentic lives.

WISDOM

Strengths relating to the way we acquire and use knowledge

CREATIVITY

You enjoy thinking of new, often unconventional, ways to do things.

CURIOSITY

You are always asking questions and seeking out new ideas, facts and experiences.

GOOD JUDGEMENT

You are open-minded and willing to change your mind. Rather than jumping to conclusions, you think things through, considering all sides.

LOVE OF LEARNING

You get a thrill from learning new things, from people or books, in a classroom or at home.

PERSPECTIVE

You have a wise way of looking at the world, people often turn to you for advice.

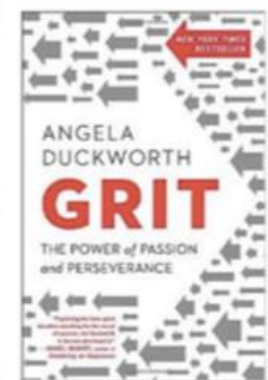
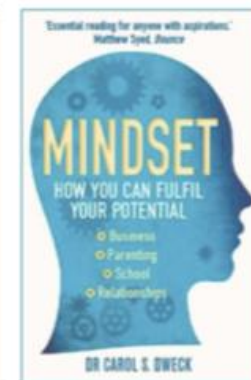
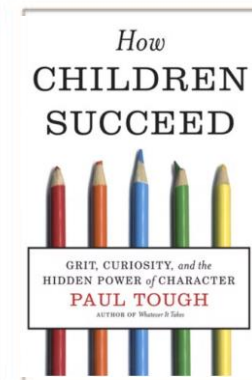
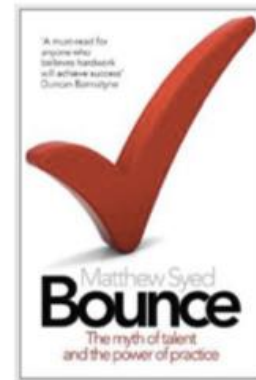
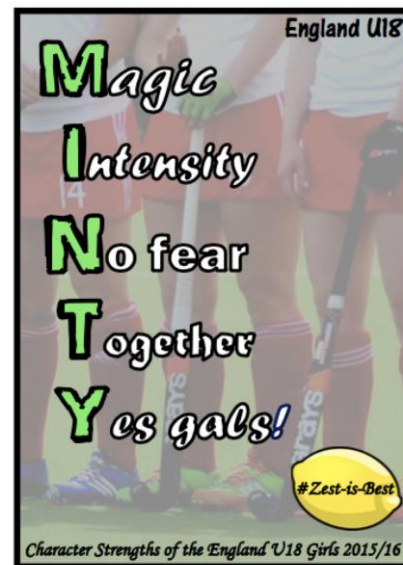
WATCH YOUR THOUGHTS, THEY BECOME WORDS.

COURAGE

Strengths that allow us to accomplish goals in the face of opposition

BRAVERY

You don't shrink from threat, challenge, adversity or pain.



Grit as the biggest indicator of success

THE HIDDEN POWER OF CHARACTER

Through effort comes magic

"A lot of people say how creative the All Blacks are or how much flair there is but creativity is just practise that is camouflaged. It comes from hard work."

~Wayne Smith

Mantra magic: What's your mantra?

Step into the future and notice
what you see, feel and hear....



CHOOSE A TASK TO PLAY WITH

Finding Flow: Calm in the Chaos

Set yourself a challenge 4% more
than your current skills



Environment > practise design

- The ability to make decisions
- Planning & design - planning for excellence
- Feedback, challenge & questioning
- Checking for understanding and learning
- Building culture & better teams & people



My map of the world
We need to be able as coaches to move
along the scales as appropriate

SYSTEM
Dynamic - Chaotic

Sport = Chaos
Decisions, weather, tactics, occasion...
*How we make sense to it is
often personal, individual and implicit*
>>>
Principle based coaching

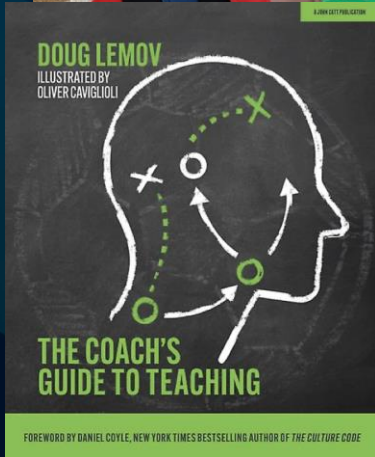
COACH
LED

CHOICE
(SDT Theory)

PLAYER
OWNED

TASK
Isolated - Ordered





Transfer of learning
Simple guiding
principles of play

“For an exercise to prepare players to execute in a complex environment - if you want to ‘transfer’ to the game - it must ultimately progress to a version that starts in a previous phase of play” Doug Lemov

Who supports you to flourish?



© UK Coaching



**INSTEAD OF DREAMING OF
50/50 REPRESENTATION IN A
SUBOPTIMAL SYSTEM, WHY
DON'T WE INSTEAD
ENVISION AND BUILD A NEW
AND BETTER ONE?**

Arianna Huffington, Thrive

Know your
why....





@kellehers07

CASA BENESSERE

THE PROPERTY, THE LANDSCAPE AND THE PEACEFUL, INSPIRING SPIRIT OF THIS AREA ARE WHY WE CHOSE THE NAME CASA BENESSERE, WHICH MEANS WELLBEING. THE PROPERTY COMPRISES THE MAIN HOUSE, THE STUDIO AND THE CASA PRIVATA ON THE HILL. THERE'S ALSO A LARGE PRIVATE POOL



Visit www.flickr.com/photos/monteluce for pictures of the property and surrounds



Flourish: be your best self

Tina Dullaghan and Sarah Kelleher

Join Sarah Kelleher and Tina Dullaghan as they discuss together and with guests the topic of Flourish: be your best self. Thought provoking discussions about science based research on happiness, positivity and how using story telling and

Show More



Check out our podcast on
<https://flourishbybs.buzzsprout.com/>

Women in Sport Coaching Conference

Thank You

#WomenInSportIRE

