

### Raise My Game Coach Development Plan

Current date: Review date

Competency

### Foundations of Success

### My Why

My Values

What is your purpose and the significant motivator for you to excel?

What are your top 3 personal values and how do they guide your everyday behaviours?

#### Super Strength

What is your unique point of difference or x-factor?

## **Defining Success**

Look at all areas of your life. Pick a timeframe and write down what success would look like.

Coaching/Sport Career Education **Fitness** Health & wellbeing Travel Timeframe:

> Personal Relationships Family Financial Fun

Attitude Leadership Team Mental Skill

Steps to Success

#### Top Three Goals This Year

What are your top three goals this year?

What are the three most critical factors you need to focus on to achieve your goals?

## **Support Networks**

A strong support network is critical to your success. Record who is in your network and think about whether there are any additional people that you need to add. Also note any additional support you need in each area arising from your action plan.

Leadership/ People Management:

Technical/Tactical Sport Knowledge:

Other Coaches/Coaching:

Organisation/Administration:

Specialist Expertise (e.g. medical, physical conditioning):

Life (ie. wellbeing, career, education, financial, other):

## **Card Sort Notes**

During the card sorts, note down any comments that should be picked up during

Comments

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# Action Plan

Identify the following actions that you wish to focus on for the next training block. Think about how you can integrate these actions into your day-to-day coaching plans.

Outcomes:	Outcomes:	Outcomes:	Outcomes:	Outcomes:
Actions:	Actions:	Actions:	Actions:	Actions:
Measures:	Measures:	Measures:	Measures:	Measures:
Outcomes:	Outcomes:	Outcomes:	Outcomes:	Outcomes:
Outcomes:  Actions:				