



HOW TO USE THE COACH SELF-ASSESSMENT TOOLKIT

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How to use this toolkit

The purpose of this toolkit is to help facilitate a conversation where you can identify your strengths and work-on's as a coach. In this conversation, you hold the competency cards and explain why you think each competency is a strength, a work-on or somewhere in between. You may use this process simply to self-reflect, building your awareness; or as the starting point to build a development plan.

This toolkit is designed to create conversations. Who you choose to have this conversation with is up to you; it may be a mentor, a coaching colleague, a coach developer, an athlete or a trusted friend.

This booklet outlines how to use this toolkit.

How to use this toolkit

The role of the facilitator

The role of the facilitator is to support your reflections through listening well, asking curious questions, challenging assumptions, and building common threads. They may also help you to simplify, assisting you to find the priority areas for your development.

You will hold the cards and should do most of the talking. The ownership of the process and your development plan is yours.

Download the quick guide for facilitators at www.raisemygame.co.nz



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How to use this toolkit

Foundational questions

If you complete the foundation questions and your coaching goals prior to the meeting this will afford you some time and space to reflect and gather thoughts from your trusted people.

Share your answers to these questions with your facilitator. This will set up a wider context for the card sort.

Raise My Game Coach Development Plan

Name: _____ Current date: _____ Review date: _____

Foundations of Success		Support Networks	Big Goals this Year																		
My Why What is your purpose and the significant motivator for you to excel?	My Values What are your top 3 personal values and how do they guide your everyday behaviours?	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.	List the big personal, sport, community or life goals that you have in the next 12 months.																		
Super Strength What is your unique point of difference or + factor?																					
Defining Success Thinking about long term goals in all areas of your life pick a timeframe (2-5 years) and write down what success would look like.		Leadership/ People Management:	Card Sort Notes During the card sort, note down any comments that should be picked up during action planning.																		
		Technical/Tactical Sport Knowledge:																			
		Other Coaches/Coaching:																			
		Organisations/Administration:																			
		Specialist Expertise (e.g. medical, physical conditioning):	<table border="1"> <thead> <tr> <th>Competency</th> <th>Comments</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	Competency	Comments																
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		Life (ie wellbeing, career, education, financial, other):																			

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Self-assessment

Place the black heading cards at the top, allowing you to assess each Raise My Game coaching competency card as a strength, medium or work-on. The cards cover all areas of coaching including in-game and competition management, personal qualities, athlete management and development, leadership and hands-on coaching. As you self-assess each of the competencies, you should describe your thinking, providing some insight on how your experiences and personal qualities have influenced your placement.



Building a development plan

If you wish to build a coaching development plan, pick up the cards you have placed as work-ons and any of the strengths that you believe are most important. Now prioritise these as high, medium or low priority, in terms of competencies you would like to work on. As a rule of thumb, aim for not more than five competencies. Take these competencies into your development plan identifying outcomes, actions and measures to develop this competency. Set a timeframe to review your development plan and set in place ways that you can hold yourself accountable. Download the coach development plan template at www.raisemygame.co.nz

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:
Actions:	Actions:	Actions:	Actions:	Actions:
Measures:	Measures:	Measures:	Measures:	Measures: