

Name:

Current date:

Review date:

Foundations of Success

My Values

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?

My Why

What drove you to start coaching?

What keeps you coaching?

When you have been at your best, what are you connected to?

What do you draw on when it gets tough?

What is your why (most significant motivator(s))?

Big Goals this Year

List the big personal, sport, community or life goals that you have in the next 12 months.

Support Networks

Who supports you? How do they support you? What do you gain from their support?

Leadership/ People Management:

Technical/Tactical Sport Knowledge:

Other Coaches/Coaching:

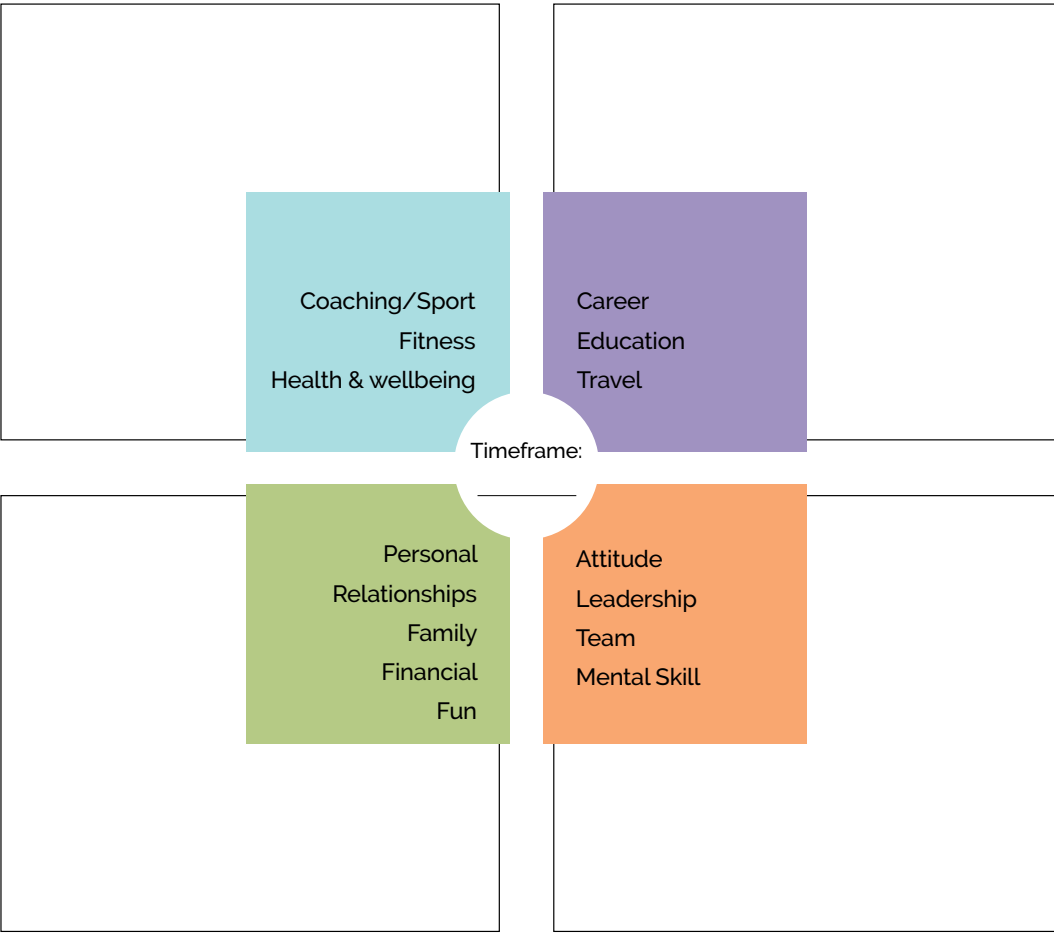
Organisation/Administration:

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

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

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.



Card Sort Notes

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

Competency	Comments

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.

<div>Outcomes:</div> <div>Actions:</div> <div>Measures:</div>	<div>Outcomes:</div> <div>Actions:</div> <div>Measures:</div>	<div>Outcomes:</div> <div>Actions:</div> <div>Measures:</div>	<div>Outcomes:</div> <div>Actions:</div> <div>Measures:</div>	<div>Outcomes:</div> <div>Actions:</div> <div>Measures:</div>
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