



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## Empowering your child to speak

It can be an empowering experience for a child, rather than the parent, to make a case about an issue with the coach, even if that conversation doesn't result in the change the child wants. Here are a few suggestions you can make to help your child prepare for the conversation:

- Know exactly what you hope to accomplish
- Make an outline of points you want to make and practice your presentation
- Take a list of questions to the meeting and listen to the coach's response
- Think about what the coach might say and how you would respond

Success or not, teaching your young athlete how to confront issues head-on will only help her in sports and beyond.

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:  
<https://secure.positivecoach.org/store/Default.aspx?SecID=98>