

# Self Evaluation

The following statements correspond with developing strengths in connecting with your athletes. Rate yourself on a scale of 1 to 5 and then total your score.

Please add a rating for each statement based on how well your organization currently practices this principle.

1=Not at all

2=Slightly

3=Moderately

4=Mostly

5=Very Much

	Rating
I make good eye contact with my athletes when we're talking.	
I adjust my expectations to create opportunities for each athlete to experience success.	
I praise my athletes often for who they are, not just what they do well.	
My team would probably say that they feel connected to me.	
I give my team an opportunity to use their voice about decisions and express their feelings.	
I find little pockets of time to have a bit of play or a playful attitude with my team each day.	
When I'm with my team, I am present, not distracted by my phone or other business.	
When I'm interacting with an athlete, I make attempts to "mirror" or "match" them, getting on their level or adopting their posture.	
I pay attention to athletes need for personal space.	
I create an organized and predictable schedule for my team and post it visually so they can refer back to it.	
I announce upcoming transitions and changes to the schedule.	
I ensure that I give each athlete at least 5 minutes of individual attention each week.	
My team would say that I value their input and opinions.	
I apologize to my team, individual athletes or colleagues when there's a riff in our relationship.	
I pay attention to sensory elements like noise, lighting, temperature, and make adjustments when I am able to so that every athlete can feel safe.	
Total	

## Self Evaluation

How did you do on your self-evaluation of creating felt safety?

Total Score \_\_\_\_\_

60+

Great! Looks like you are already implementing many of the felt-safety ideas. Consider taking one of your strong 5 answers (a strength you are already doing) and emphasizing that even more. Then pick one of your lowest rated elements and see if you can implement new changes on that front.

45-60

Nice! It sounds like you are doing a good job implementing some of these felt-safety ideas some of the time. Consider taking one of your strongest answers and looking for ways to do this more consistently. Then pick one of your lowest rated elements and spend some time creating ideas for how to make changes on that front.

<45

It's ok if your score is on the lower side, you are already on the journey to learning new ideas and change is on the way. Look over your self-evaluation again. Which idea feels easiest for you or find an idea that you think could have the greatest effect on your coaching. Start there. Find some ways based on these materials to try this out this week. Also, find the question that seems the most difficult for you? Spend some time reflecting on this and/or asking your group for suggestions.

# Want to learn more?

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If you'd like to learn more about felt safety and how you can apply the principles of trauma-informed care to your team, athletic department or community, please contact us. We can get you started.

We have a 4-week group study made specifically for coaches and teams that includes expert video training and a companion guide that gives self reflection and group discussion questions. We'd love to help you figure out whether this training would be right for you and your team! Please contact us.

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