

Self Management Plan

**Self
Management
Plan**

**Relationship
Management**

**Risk
Management**

**Portfolio
Review**

Self management plan

- **Last Section of Portfolio = Coach Yourself – Plan for YOU!**

**see opp side (Self-Management)*

- **Portfolio needs you to address 3 different times in a year**

1. Pre-season
2. In-season
3. Off-season

- **Think Philosophy areas to address**

1. Winning or Success
2. Fun – how and why
3. Development

- ***What Areas have we talked about that you need-should-could address when managing or coaching yourself?***

Managing relationships

- **Interpersonal Skills**

1. Knowing and trusting yourself and others
2. Communicating Effectively
3. Accepting and Supporting Others
4. Resolving Conflict

- **Managing your Emotions**

1. Anger
2. Joy

Managing risk

- **Coaching Yourself**

1. Physically
2. Mentally
3. Socially
4. Conflict
5. Success
6. Goals for each – *consistent with expectations of student-athletes you teach / coach*

- **Examples – *My triangle I still use (program – team – self)***

1. Be mentally and physically strong
2. Expect success
3. Never G-Up

Self management clinic

2 per

- Partners or small groups (last workshop) *****(SEE handout)**
@ ANGEL (Portfolio Templates) SELF MANAGEMENT PLAN
- Design self management plan – addressing the following:
 - Physically
 - Mentally
 - Socially
 - Conflict *(failure / program and personal issues / unexpected)*
 - Success
- Goals for each – ***consistent with expectations of student-athletes you teach / coach***

Final portfolio review

- See angel – assignment expectations (**FINAL RUBRIC**)

****must address each area and support with examples***

- See angel – examples and articles

****Be creative yet clear (NOT A PAPER / NOT AN OUTLINE)***

****OK to cut-paste from previous assignments (scaffold) – format must match***

****Make me want to read more – make it stick!***

T + R and/or I

- Be thorough – detail oriented
- Be consistent – address assignment in order
- Be professional – support / visual examples / references
- References listed at end of portfolio and cited within

(lectures – see syllabus for other source – great one is first source – Successful Coaching by Martens, Raider – Human Kinetics)

****SRTE reminder (available on angel – please check and complete)***