



Create Your Culture System

Coach Name:

Date:

Part 1: Transformational Leadership

1. What is Culture?

When you reflect on your team's culture, how do you see the current relationships among team members and the standards for how things are done? What specific aspects of these relationships or standards would you like to improve, and why?"

2. Know Your Why

Write Your Mission Statement: What is your greatest purpose, cause, or belief in coaching? Write this in a one sentence statement. I coach to...

3. Identify Your "Big Thing"

How are you contributing to the difficulties your team is currently facing?

What is most important for you to improve that would have the biggest impact on your team and life?

Part 2: Establish the Culture

4. Build an Onboarding Program

What is the first day like on your team?

What do you want it to feel like?

How can you create that experience for your players?



Our Buddy System

How could a buddy system improve the onboarding of new players, and what roles or support would you want veteran players to provide?

Team Culture Time

What kind of team-building activity could you introduce to help your players get to know each other better and strengthen team culture?

5. Clarify Your Non-Negotiables

What do you need from your team to be successful? What are the most important things a team member needs to do to be a part of the program?

1. _____
2. _____
3. _____

Part 3: Support the Culture

6. Intentional Interventions

What are some common stress triggers for your athletes?

What are some ways you can connect with your athletes in these moments?

What are some suggestions you could offer athletes to help them self-correct in these moments?

Part 4: Enforce the Culture

7. Transformational Discipline

Does your approach to discipline focus on shifting players' mindsets, or does it primarily address behavior? How could you adjust your methods to create more lasting change in your players?
