



*Inspiring youth to feel safe,  
seen, and emotionally connected*

**AHA! inspires communities to feel safe, seen, and emotionally connected. We equip teenagers and educators with social and emotional intelligence to dismantle apathy, prevent despair, and interrupt hate-based behavior. By inspiring teens and adults to joyfully lead with courage and kindness, AHA! transforms schools and communities into welcoming, nourishing, expressive, and inclusive spaces where youth and adults work together for the highest good.**



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# Socially and Emotionally Intelligent Sports Leadership

*"Setting an example is not the main  
means of influencing another..."*

*It is the only means."*

- Albert Einstein



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## Today We'll Cover:

- Building Safe, Emotionally Intelligent Team and Sport Cultures
  - Attitude
  - Emotional Intelligence
  - Relationship Repair
  - Strategic Appreciation

# Get To Know Your Table-Mates

Go around the table and each share:

1. One thing the others wouldn't know about you by looking at you
2. One challenge you are facing in your life right now
3. One thing you are proud of



# ATTITUDE



- You can't choose your emotions – but you CAN choose your ATTITUDE.
- You are responsible to show up for youth with the attitude you want THEM to have.
- If you are out of control emotionally – you may NOT be able to choose your attitude...so practice:
  - noticing when you are caught up in an adrenaline-fueled reactive state,
  - check yourself, take a break, calm down....
  - ...and THEN decide how you want to show up

# How do you know if you are too overwhelmed with an emotion to choose your attitude?



“Body clues”:

- Heat in face or hands
- Pounding heart
- Tingling sensations
- Strong desire to punch, hit, kick, or scream
- Racing thoughts

...If you feel this kind of adrenaline ‘rush’ coming on...PAUSE, take deep breaths, name the emotion rather than acting it out

Find ways that work to CALM YOURSELF DOWN before acting...like TAPPING IN



# Attitude Game

1. Each person at the table take one card from the stack of attitude cards @ the center.
2. Look at it, but don't let anyone else see it.
3. Imagine that your team has lost an important competition and that you're speaking to your team afterward.
4. Do so with the attitude reflected in your card.
5. Take turns, going around the circle like you did earlier with your table check-in. Go around twice - NO cross-talk...one at a time!
6. After everyone has spoken, work as a group to guess the attitude on each person's card.



## Coaching to Enhance Emotional Intelligence

Emotional intelligence (EQ) is the ability to:

- Recognize, understand and manage our own emotions
- Recognize, understand and influence the emotions of others

Set the example by actively working on YOUR EQ

Enhance young people's EQ by responding to their emotional states/expressions in healthy ways

# EQ Pointers for Coaches



When youth are experiencing strong emotions like anger, fear, anxiety, or sadness:

- **Be calm yourself.** The young person will co-regulate with you.
- **Simply listen & help them clearly state what emotions they are experiencing** – name the emotion and how it feels in their body.
- **Don't make them wrong for having their emotion.** Everyone's triggers are different. Avoid statements like “there's nothing to be scared of” or “you're overreacting” or “calm down.”
- **Gently and firmly hold boundaries around rules and appropriate behaviors.** Having strong emotions does not make it OK to act out.

# Relationship Repair

When you have harmed another...



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## HOW NOT TO REPAIR

Make excuses/explain

Defend

“I’m soooorry...” (Obviously NOT sorry) or “I’M SO SO SORRY I AM A TERRIBLE PERSON” (making the harm your own)

...Other ways people deflect or fail to actually REPAIR harm they’ve done?

## HOW TO REPAIR

**Empathize**

**Acknowledge**

**Repair**

**...it’s that simple**

# Why Repair Matters



- Building a “culture of repair”
- Gives everyone a way back when they have harmed a relationship
- Gives people who have been harmed a true sense of being cared for and valued
- Reduces fear of making mistakes

# Closing With Gratitude and Appreciation

Go around your table group and give the person to your RIGHT an

ESSENCE

Or

EFFORT

appreciation



Thank you!

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