



CARRIDE CONVERSATIONS

BE CURIOUS, NOT JUDGEMENTAL

If you ever have watched the show Ted Lasso, you may be familiar with the mindset of being underestimated, and judging someone based on first impressions, your own biases, or more specifically, the stats or body language of a person. Yet, when we do not take the time to learn about a person, or even our own capabilities, we are already limiting ourselves to reach our truest potential.

Not only do elite performers study and educate themselves around the habits, skills and mindsets of other elite performers, they also become curious instead of judgmental around their own skills, habits, and mindsets to unlock their own optimal level of performance.

How do you help your athlete become curious to stretch their limits vs. limit their potential with judgment?

THE PROCESS

When do athletes tend to slide into judgment?

This happens when they experience an undesired emotional state: stressed, tired, fearful, angry, upset, anxious.

This can cause reactive actions and responses in situations that can influence performance in a negative way, or influence conflict during conversation. Judgments, especially ones that are reactive based on strong emotion, seldom lead to positive responses. So, instead, teach them to be curious and ask questions.

When athletes choose to be curious over judgmental it allows them to:

- Adopt a beginners mindset, which allows them to attempt a challenging skill or task without judgment or without fear of making a mistake.
- See failure as an opportunity to bounce back, learn and adapt from that experience.
- Challenge their own limits and release what they can ultimately achieve, because their limits are only based on their own judgements

TOOLS AND TIPS

...for the car ride home

- Recognize it when it happens. What are they judging? The coach giving hard feedback? A mistake made on the field? Body language? Then have them (and yourself) take space before you respond. Your reactions as a parent are just as powerful as their own.
- Take perspective, focus on what's important now, take a breath and respond with confident and compassionate action.
- Listen and ask questions:
- Does your child need a listening ear, advice or someone to challenge their perspective
- Model accountability and ownership of the outcome and don't be afraid if you don't have the answer. Create an environment to solve the problem together. This allows for stronger belief in future performance.