



# CAR RIDE CONVERSATIONS

## THE IMPORTANCE OF CLEAR CONVERSATIONS

It is fundamental for high performance to be able to have effective communication amongst peers, coaches, parents and administrators. The goal of communication is to enhance decision making, effectively problem solve, work through conflict and work efficiently together as a team. Yet, sometimes, our own emotions and perceptions get in the way of communicating effectively. Why? Because we are human!

What is the key to effective communication? According to Jefferson Fisher, renowned trial lawyer, author and speaker, it is all about having clear communication and aligning your words with your values.

## THE PROCESS

- **Keep in mind the problem and work together. When support and help are at the forefront, the problem is not taken personally.**
- **Arguments are not meant to be won, but to be unraveled. There will be disagreements, and that is okay.**
- **Seek to understand, not defend.**
- **What is said is not always perceived the same way. Gain perspective.**

## TOOLS AND TIPS

*...for the car ride home*

- Reminder to take a breath before you respond. Space is grace when we need to have hard conversations. It also eliminates the need to have fillers in our conversations and guides us to have more direct and clear conversations. This is a reminder for you, and your athlete when they need to initiate hard conversations.
- Prepare athletes for hard conversations and highlight the mindset you want them to adopt. For example, start with, "this is going to be a hard conversation, but i know your strength in wanting to understand the truth and improve your game. "Or, " I know that you respect honest feedback ... "
- Lead with value in what you want your athlete to gain from the conversation. But remember, ask them first if they are open to receiving feedback. Let them lead.
- Embrace the vulnerability in accountability of owning mistakes. Teach your athlete this is a fundamental skill to having effective communication.

**SAVE  
THE DATE:**

15 | November  
Winter Sports Begin

25 | November  
Thanksgiving Break!

20 | December  
Winter Break