



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Responding to Challenge

It takes positive reinforcement and recognition to get a child to try something new. Challenges require emotional support. Without support a child's energy goes to defending himself against real and perceived criticisms from others. When a child knows that he will be valued and accepted by his coach and parents, no matter how he performs, more of his energy goes to responding to the challenge.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



for more *Positive Coaching in a Nutshell*, please visit
www.NutshellBook.org