

Coach Nudge#1

We are in your coaching corner





Message from Mick and Amanda

"How can you as a coach turn this negative time into a positive for yourself and the boxers you coach? It's time to reflect, learn, grow and develop. Stay strong, safe and healthy"



Calm:

• <u>https://www.calm.com/blog/take-a-deep-breath</u>

Headspace:

https://www.headspace.com/covid-19

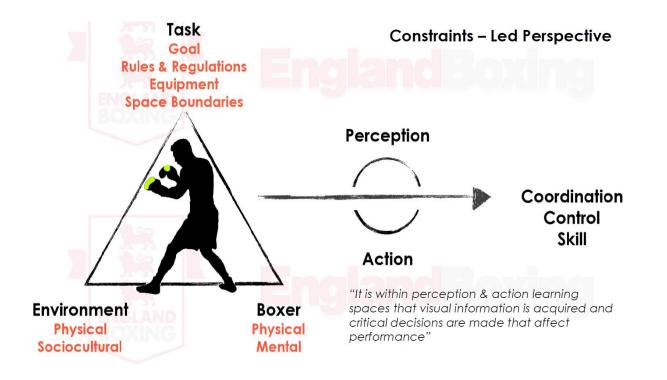


Mindfulness

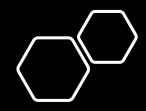
"Begin with the end in mind"

- So what does this mean to you as a coach in relation to planning?
- What type of boxer are you trying to produce and why?
- What are your principles that underpin your coaching?





Coaching Practice Insight How could you apply this to your coaching practice?





MUHAMMAD ALI 1942 — 2016

WORLD'S SHORTEST POEM BY

Nuhammad Cili

Stay connected with each other – aim to have a coaching conversation with another coach

• How would the boxers best describe you as a coach?

• Other than knowing your sport what else does it take to coach?

