



Empathy, Praise, Encouragement

The outcome of winning or losing frequently generates waves of emotions in athletes, parents and coaches. Many athletes, parents and coaches have learned through experience how to successfully ride these strong emotional currents. As a result, our behaviours in response to them are both effective and appropriate. On the other hand, some athletes, parents or coaches get completely overwhelmed by these emotional waves and as a consequence, their behaviours are ineffective, inappropriate and, at times, quite infantile. The fact of the matter is that your emotions always influence the way that you act. When you're in control of these emotions, your actions are timely, classy and thoughtful. However, when your emotions control you, your actions are clumsy, tacky and not at all burdened by logic or intelligent thinking.

*Our words can destruct or construct, be positive or negative, so remember: Be **Empathetic**, give **praise** & always **encourage**.*

Empathy

Empathy is having the ability to step inside another's shoes and feel exactly what they are feeling - "do unto others as you would have them do unto you".

Praise

Praise is the act of making positive statement about a person, object or idea, either in public or privately. Praise is typically, but not exclusively, earned relative to achievement and accomplishment. Praise is expressed through approval or admiration – commend, applaud, pay tribute to, speak highly of, eulogize, compliment, congratulate, celebrate, rave about, say nice things about, make much of, pat on the back, take one's hat off.

Most people are responsive to praise and will demonstrate an increase in self-esteem or confidence if a suitable amount of praise is received. Some psychological theories hold that a person's life is largely made up of attempts to win praise for their actions.

Encouragement

Encouragement is give courage to; to inspire with courage, spirit, or hope; to raise, or to increase, the confidence of; to animate; en hearten; to incite; to help forward (the opposite of discourage). Encouraging someone is easy – it doesn't take money or time and can be done by anyone, anywhere.

Remember what it felt like when someone said to you "job well done!" or "thank you" or "fantastic effort." I am sure it encouraged you in whatever it was that you were doing.

- *Build people up and speak encouraging words. It not only affects them but your words will affect the people and the world around them.*
- *Choose words that will build self-esteem and confidence, build relationships and build possibilities.*
- *Choose to speak words of affirmation, encouragement, love, acceptance and appreciation.*
- *Just as negative words have a ripple effect so do positive words.*
- *Look for the positive aspect at all times.*