



# Strengthening Relationships

## Rate your current coach-athlete relationship

Use the scale below to reflect on your relationship with your athlete and write down 3 ways you can improve your current relationship. Ensure that these 3 things are within your control.

LOW

HIGH

**CLOSENESS:** Feelings of trust, liking and respect between coach and athlete



**COMMITMENT:** Intention of both coach and athlete to sustain the athletic relationship to maximise results



**COMPLIMENTARITY:** Positive and supportive exchanges between coach and athlete



**CO-ORIENTATION:** Interpersonal perceptions of the coach and athlete, assessing the level of understanding and agreement.

