



THANK YOU MHSSCA

January 23rd, 2026





What do you
Dare To Be?



SARA DRISENGA



DARE
To Be



KAYLA DOUGLAS

BECOMING THE COACH YOU DARE TO BE



Step 1: REFLECT ON YOUR CALL TO ADVENTURE: Why did you start coaching your sport? How has your playing experience impacted your coaching style? Do you have a role model, mentor or coach who inspires you?

Step 2: IDENTIFY YOUR TRIALS: What challenges, stresses, or anxieties have you faced?

Step 3: HIGHLIGHT YOUR GROWTH: How have you changed because of these challenges? What new skills or insights have you gained?

Step 4: ENVISION YOUR TRANSFORMATION: What kind of coach and person are you becoming? What's the next step in your story?



What's your sports story?

As former elite level athletes and current coaches, we have an undeniable passion for serving others on their athletic journey.

Together, we have taken our experiences off the field, out of the water and into sport social work, changing the lives of athletes through the power of sport. We have worked with individuals, groups, and teams, and developed several comprehensive programs and curriculums to support the growth of athletes from the youth to post athletic stage.





REFLECT ON YOUR CALL TO ADVENTURE





Share your sports story.

**What has led you here
today?**

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Who or what inspired you to start participating in sports (as an athlete or coach)?

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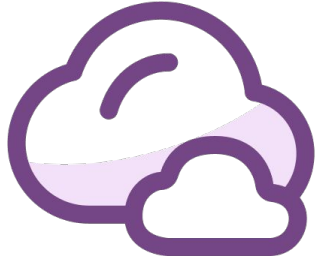
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What led you to this coaching role?

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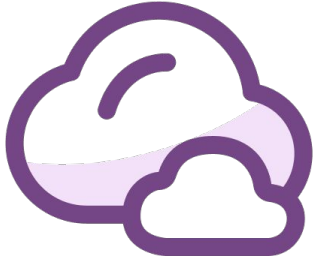
Using one word explain why you coach.

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IDENTIFY YOUR TRIALS



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How do you define "stress"?

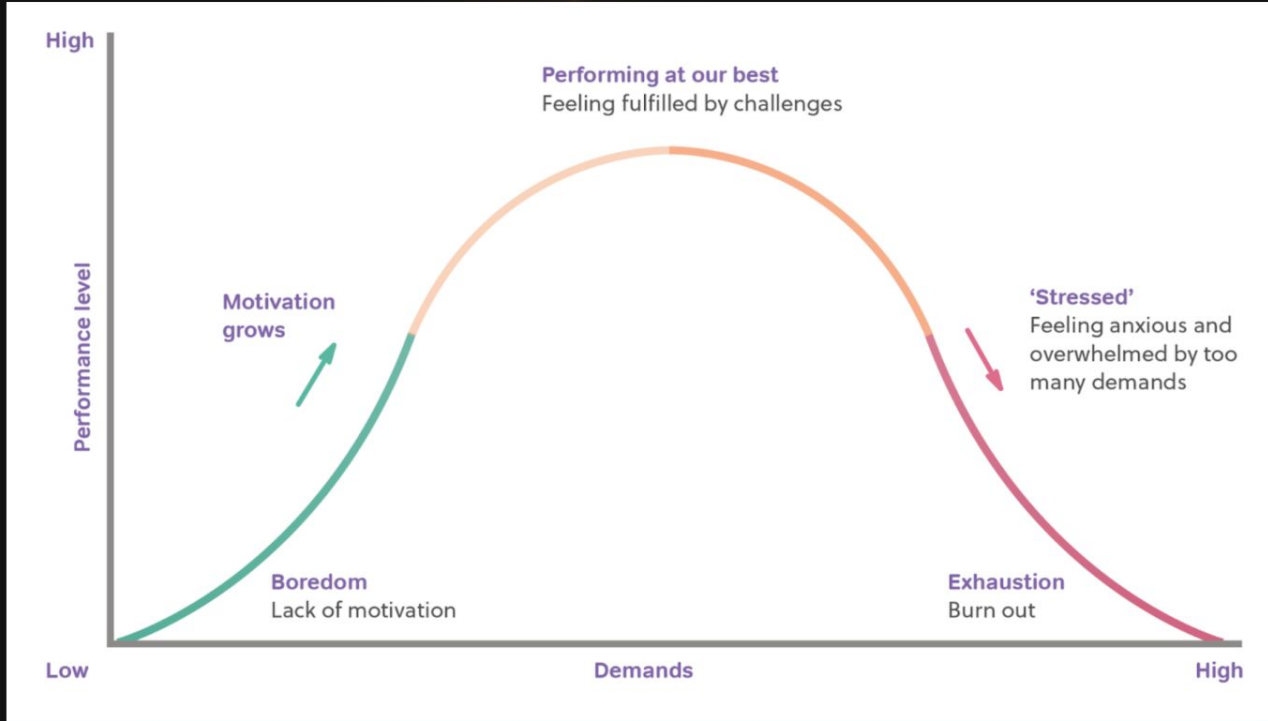
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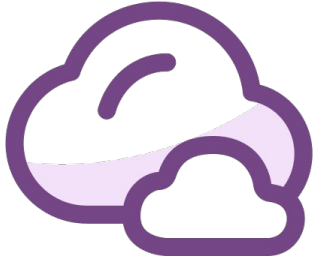


Stress is...

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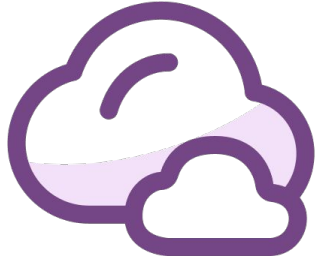
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How do you know when you are stressed?

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How do you know when your athletes or staff are stressed?

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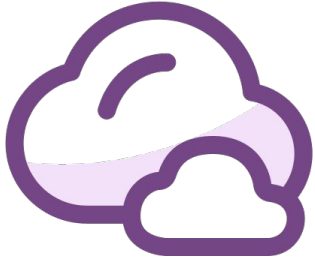


How does it impact your team when your leaders (captains, coaches) are stressed?



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Anxiety is...

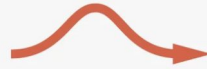
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STRESS VS ANXIETY



STRESS

ANXIETY



SPAN

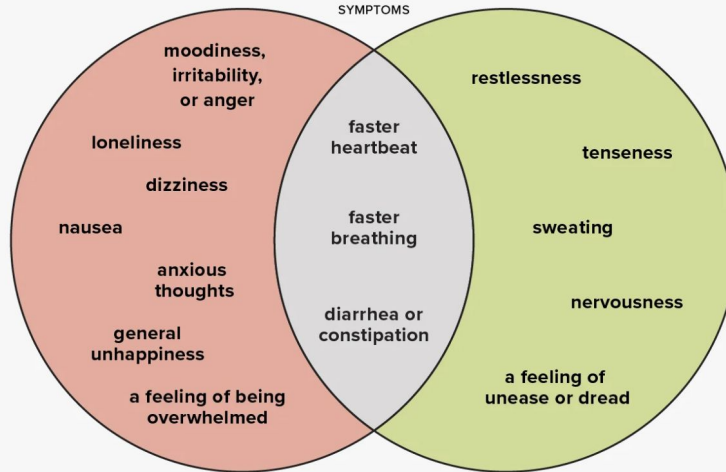
short term

can linger

in response to a
recognized threat

CAUSE /
ORIGIN

may not have an
identifiable trigger



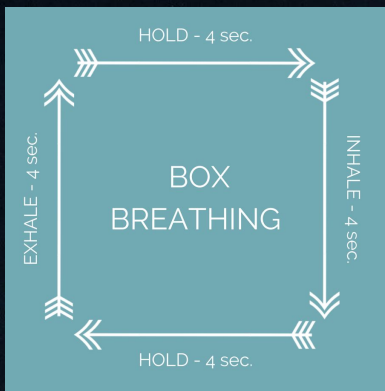
RECOGNIZING WARNING SIGNS OF DISTRESS



Behavioral	Cognitive	Social	Emotional	Physical	Situational
<ul style="list-style-type: none">- Inability to cope with daily stressors-Reliance on maladaptive coping-Feeling/appearing restless or fidgety-loss of motivation	<ul style="list-style-type: none">-Decrease in focus/concentration-Difficulty making decisions and remembering-Increased worrying, rumination	<ul style="list-style-type: none">-Increased isolation & social withdrawal-Avoiding social interactions-Changes in typical social engagement	<ul style="list-style-type: none">-Increased irritability, aggression, sadness,-Feeling bad about self (shame, guilt, helpless, hopeless)-Unusually stressed, worried or anxious	<ul style="list-style-type: none">-Lack of hygiene-Increased fatigue-Increase or decrease in appetite-Changes in sleep-Unexplained aches or pains	<ul style="list-style-type: none">-Personal/academic crises-Changes to routine/schedule-Rejections-Grief/Loss



STRATEGIES FOR MANAGING STRESS & ANXIETY



- ### 5 SENSES GROUNDING TOOL
- 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

BE KIND to YOURSELF

by KRISTIN NEFF

RESEARCH AND MORE RESEARCH

self-compassion

A HAPPY LIFE

SELF-COMPASSION
A SOURCE OF STRENGTH
and RESILIENCE

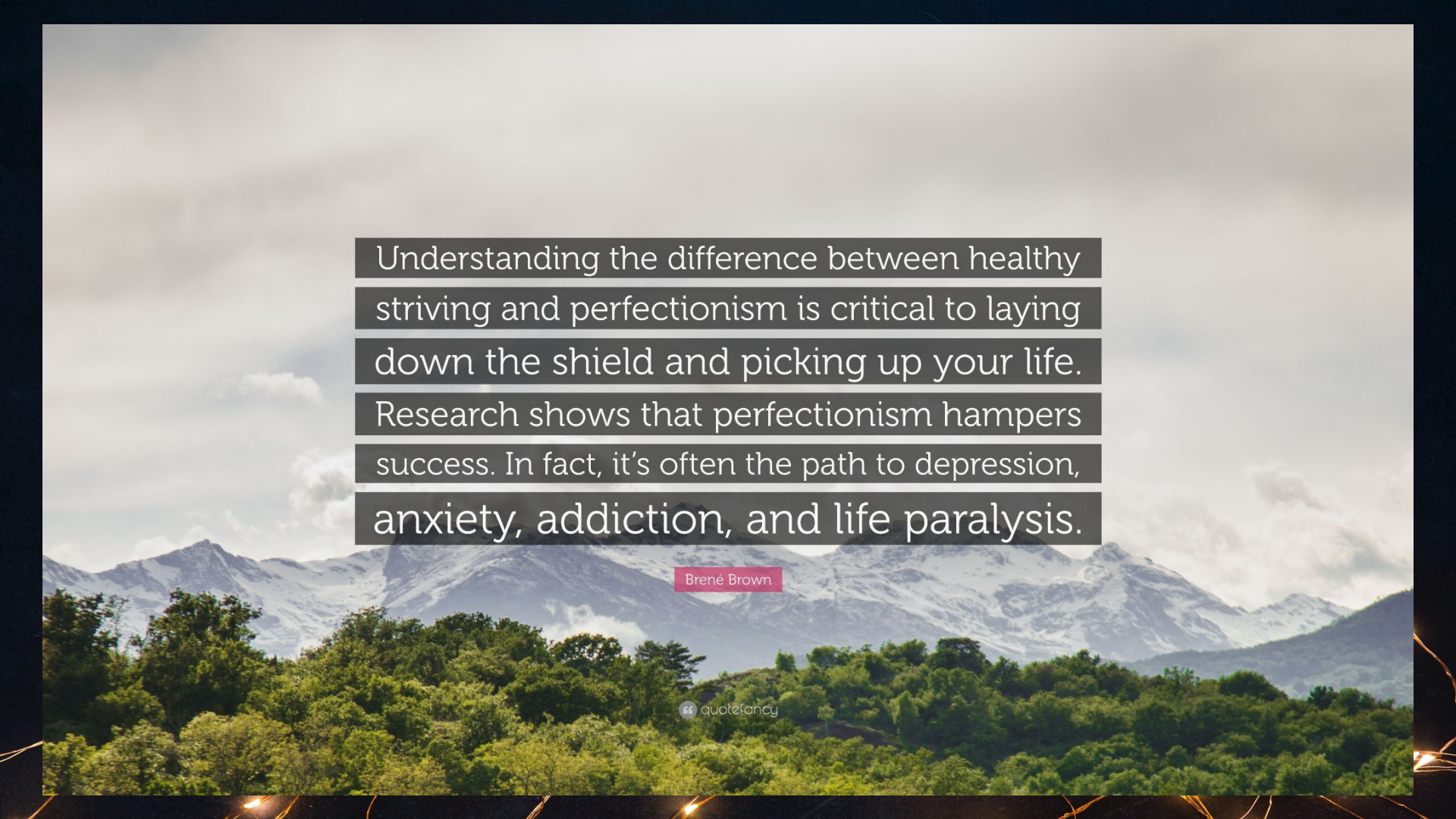
- 1 SELF KINDNESS**

WE ARE AS CARING
TOWARD OURSELVES
AS WE ARE TOWARD
OTHERS
- 2 RECOGNIZING OUR
COMMON HUMANITY**

MOMENT
of CONNECTION
WITH OTHERS
SHARED HUMAN
EXPERIENCE
- 3 MINDFULNESS**
BEING OPEN TO THE
REALITY OF THE
PRESENT MOMENT

YOU ARE
HERE
ACKNOWLEDGE
OUR SUFFERING
WITHOUT
EXAGGERATING
IT

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Understanding the difference between healthy striving and perfectionism is critical to laying down the shield and picking up your life. Research shows that perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction, and life paralysis.

Brené Brown

UNDERSTANDING PERFECTIONISM



Healthy Perfectionist

CHALLENGES THEMSELVES
by setting high goals and standards



Maladaptive Perfectionist

Sets extremely high and
UNREALISTIC GOALS



Fails



LEARNS FROM FAILURE
and stays engaged in activity



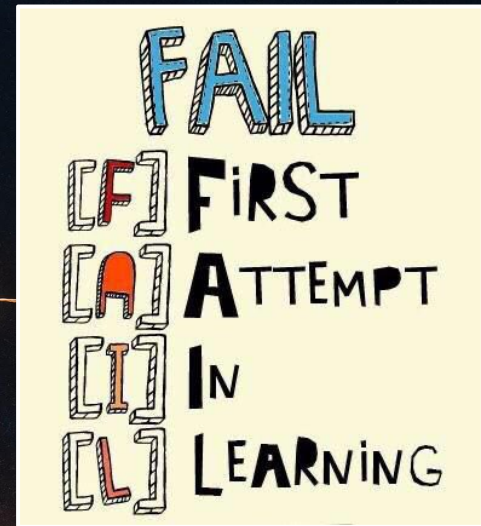
BECOMES OBSESSED
with goal and
increases efforts



**AVOIDS ACTIVITY
ALTOGETHER**

Source: Jessica Rohlifng Pryor, core faculty member at the Counseling Program from The Family Institute at Northwestern University.

Created by: Counseling@Northwestern, the Online Master of Arts in Counseling Program from The Family Institute at Northwestern University.



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How can you tell when your athletes are struggling with perfectionism?

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True or False: "Thoughts are facts"

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How could you support your athlete in reframing their perfectionist thought?

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HIGHLIGHT YOUR GROWTH: THE MAGIC OF STRENGTHS-BASED COACHING



WHAT IS STRENGTHS-BASED COACHING?

DARE
To Be

IS....

- PROCESS driven
- Strategic, intentional, and deliberate
- Building on each athlete's unique individual strengths and experiences
- Cultivating an inclusive, safe, and supportive team environment
- Encouraging resilience and courage through vulnerability
- Whole person centered
- Team driven values and goals
- Being a positive role model with your language and behaviors
- Solution-focused
- Designing programs/practices for development
- Empowering each athlete with a valuable role
- Using sport as the classroom for learning transferable life skills

IS NOT...

- RESULTS driven
- One size fits all approach
- Focusing solely on each athlete's challenges or deficits
- Showing favoritism
- Coach driven values and goals
- Problem or deficit focused
- Negative or shaming
- Attacking the athlete



WHY DO COACHES NEED TRAINING IN STRENGTHS-BASED COACHING?



- Athletes are more resourceful and resilient in the face of adversity
- Important life skills developed through strengths-based coaching will serve the individual throughout their life if able to apply them outside of sport
- Strong foundation in Human Behavior and the Social Environment (HBSE)
- Coaches must collaborate and maintain communication with all individuals, groups, and professionals involved with the athlete in order to provide the highest quality and effectiveness of care
- Alleviate stress and drop out rate due to pressure from coaches causing kids to quit sport at early ages



"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

ENVISION YOUR TRANSFORMATION





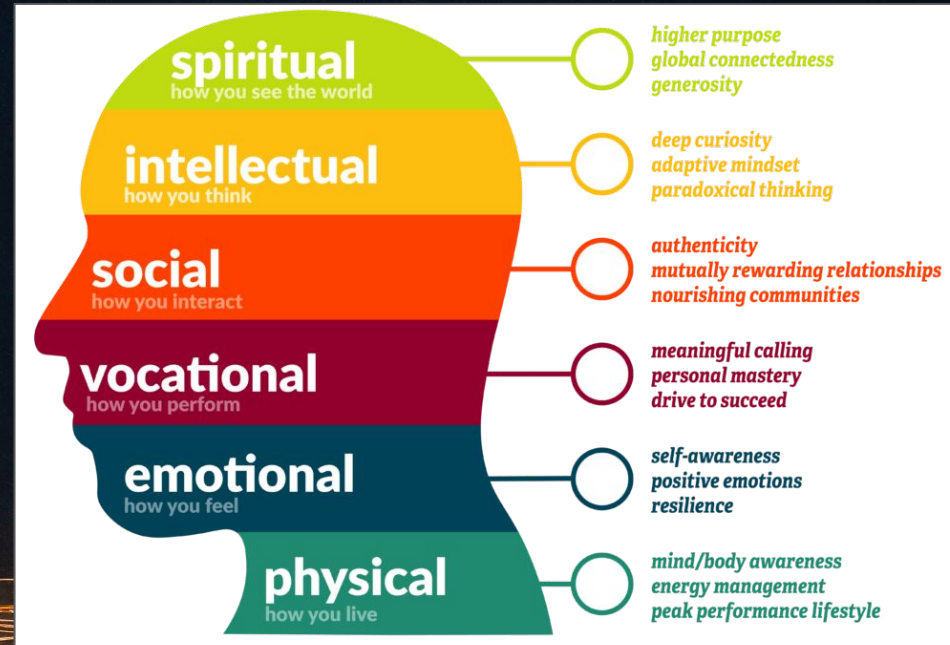
AS A LEADER...
WHAT DO YOU DARE TO BE?



IDEAL SELF ACTIVITY

Becoming who you *Dare To Be*

- Physically, mentally, emotionally, socially, spiritually, vocationally
- How will you handle adversity?
- How could you grow from your past experiences?
- Learning to respond vs. react
- How do your values guide you in times of uncertainty?





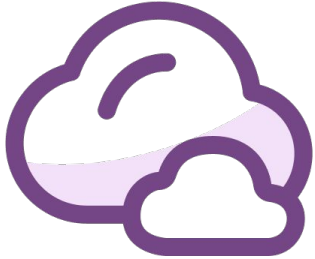
“It is not our accomplishments or successes that define us as leaders, it is how we respond to our greatest challenge while in the face of adversity”

THE WOMAN IN THE ARENA

It is not the critic who counts; not the man or woman who points out how the strong one stumbles, or where the doer of deeds could have done them better. The credit belongs to the woman or man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends herself or himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if she fails, at least fails while daring greatly, so that her place shall never be with those cold and timid souls who neither know victory nor defeat.

-- *A modified version of **Men in the Arena** by Theodore Roosevelt*

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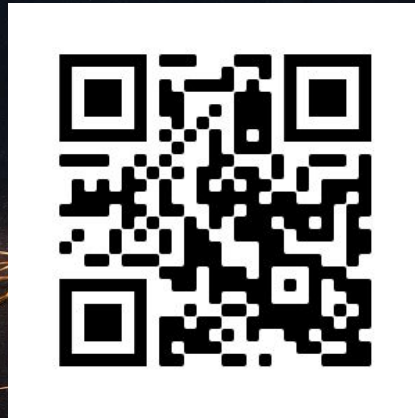


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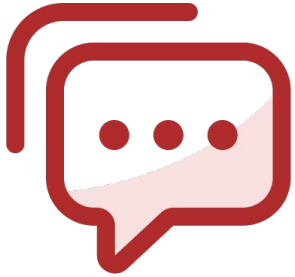
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THANK YOU!

PLEASE CONTACT US WITH ANY QUESTIONS!



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Audience Q&A

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