

Conversation starter toolkit

Helping Parents and Coaches Create Connection & Confidence with Young Female Athletes

how
are
you!

Quick Check-Ins

For pre-training, post-game, or casual moments:

- “What’s one word to describe how you’re feeling today?”
- “What’s been the best part of your week so far?”
- “What’s something you’re proud of (on or off the court)?”
- “Anything on your mind before we start?”

Confidence Builders

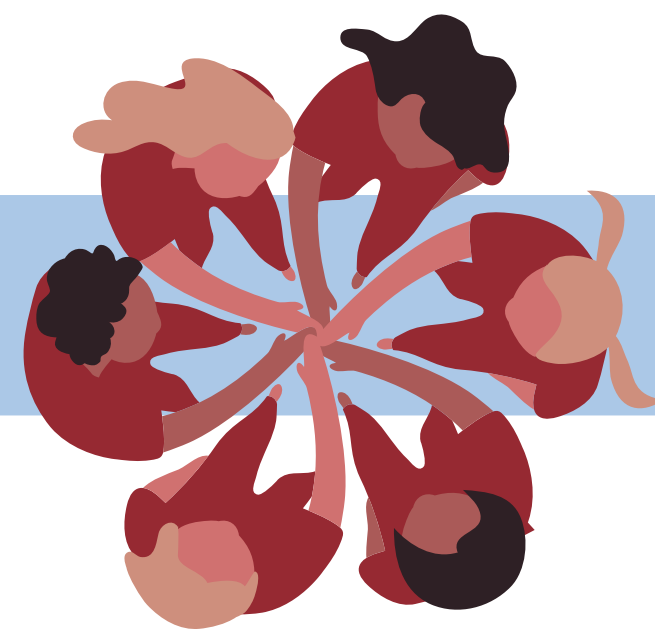
Use when you notice self-doubt or negative self-talk:

- “What’s something you did today that took courage?”
- “If your best friend was in your shoes, what would you tell her?”
- “What helps you feel your most confident on game day?”

Team Connection Prompts

Try at the start or end of training to build team trust:

- “Let’s go around and share one thing we’re grateful for this week.”
- “What’s one thing someone in this team did recently that made you feel supported?”
- “How do you like to be encouraged or coached when things get tough?”



Keep it simple

- You don’t need to have all the answers.
- Just showing up and listening makes a big difference.
- These questions are invitations – not every one needs a deep response.

Reframing moments

For disappointment, loss or injury:

- “What did you learn from that moment?”
- “What else might be true about this situation?”
- “What can you take into next time that might help you grow?”

LEARN
AND
GROW

