

JULY 2022

ENGLAND ATHLETICS CLUB WORKSHEET: PROMOTING COLLABORATION

# IT'S ALL ABOUT MINDSET!



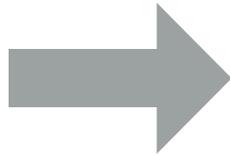
# IT'S ALL ABOUT MINDSET!

**Introduction:** The ability to be able to give and receive feedback is fundamental to creating a successful club. When it comes to giving feedback, having the right mindset is crucial. Get it right as a leader and you can inspire and motivate your members.

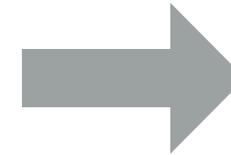
In this worksheet, we look at reframing how we feel about having those conversations that so many of us find challenging.

Embrace these tools and strategies and see the positive impact a shift in your mindset can have on you and your members.

Please note, this worksheet is interactive, or alternatively can be printed out and completed by hand.



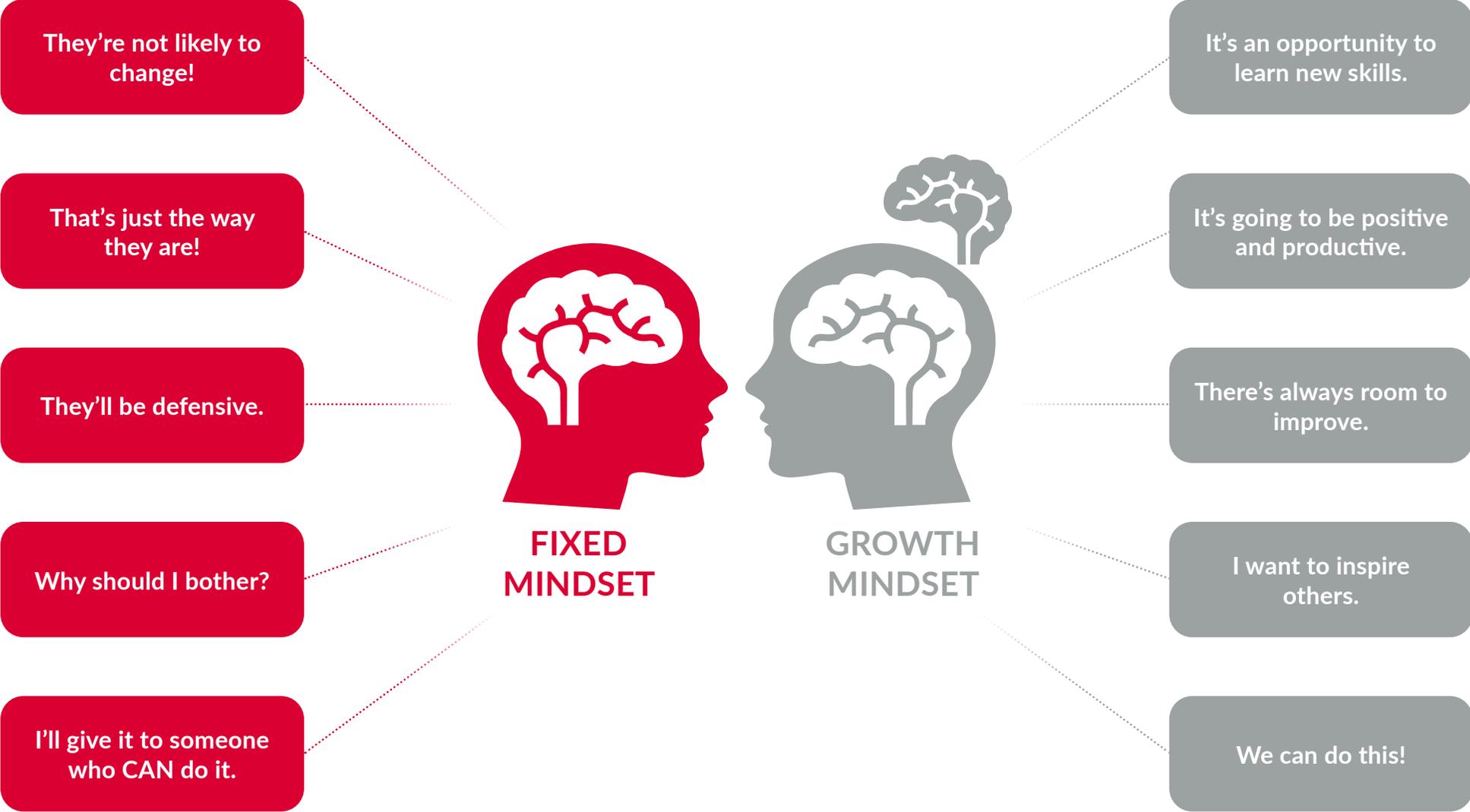
Club management is about creating a culture which encourages the continuous improvement of club processes and individuals' skills, behaviour and contributions.



To successfully manage a club and its people you need the right mindset!

Once you have achieved this, it's time to have those developmental conversations!

# WHEN IT COMES TO GIVING FEEDBACK, WHAT'S YOUR MINDSET?



# CREATING A POSITIVE MINDSET



Note down in the box below what things you can do to create a positive mindset.

**How you show up every day sets the tone and mood for your club.  
What's your brand? What are you known for?  
Do you breathe life into your club or are you a mood hoover, sucking the life out of all those around you?**

**Everyone deserves a great leader, someone who inspires, motivates and encourages personal growth. Ask yourself... is that you?**



Look at your brand and create your avatar in the box below. Be the leader you want to be!

# ARE YOU GETTING YOUR DAILY DOSE OF HAPPY CHEMICALS?

**D**

**Dopamine - Reward:** Making your bed, to-do list ticking, doing something kind for someone.

**O**

**Oxytocin - Connection:** Eye contact, gratitude, loving, kindness, meditation.

**S**

**Serotonin - Feeling happy:** Day light (10-15 mins daily), sleep, nuts, seeds, pineapple.

**E**

**Endorphins - A natural pain killer:** Exercise, dark chocolate, chili, meditation.



Make a list in the box below of the things you need to do more of.

# THE 2ND CIRCLE (BY PATSY RODENBURG)

When it comes to communication, only 7% comes from the spoken word. 38% is voice and tone. 55% is body language. Try stepping into the 2nd circle next time you give feedback.

1st

- Passive
- Apologetic

2nd

- Collaborative
- Two-way conversation
- Thoughtful
- Considered
- Solution focused
- Supportive

3rd

- Aggressive
- Vomit feedback



Thinking about giving someone some feedback? What can you do to approach the conversation from the 2nd circle? Note your ideas in the box below.



For one week, take the time to note three good things every day.

“Three Good Things” is a scientifically proven mental exercise to build a positive mindset.



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England Athletics  
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