

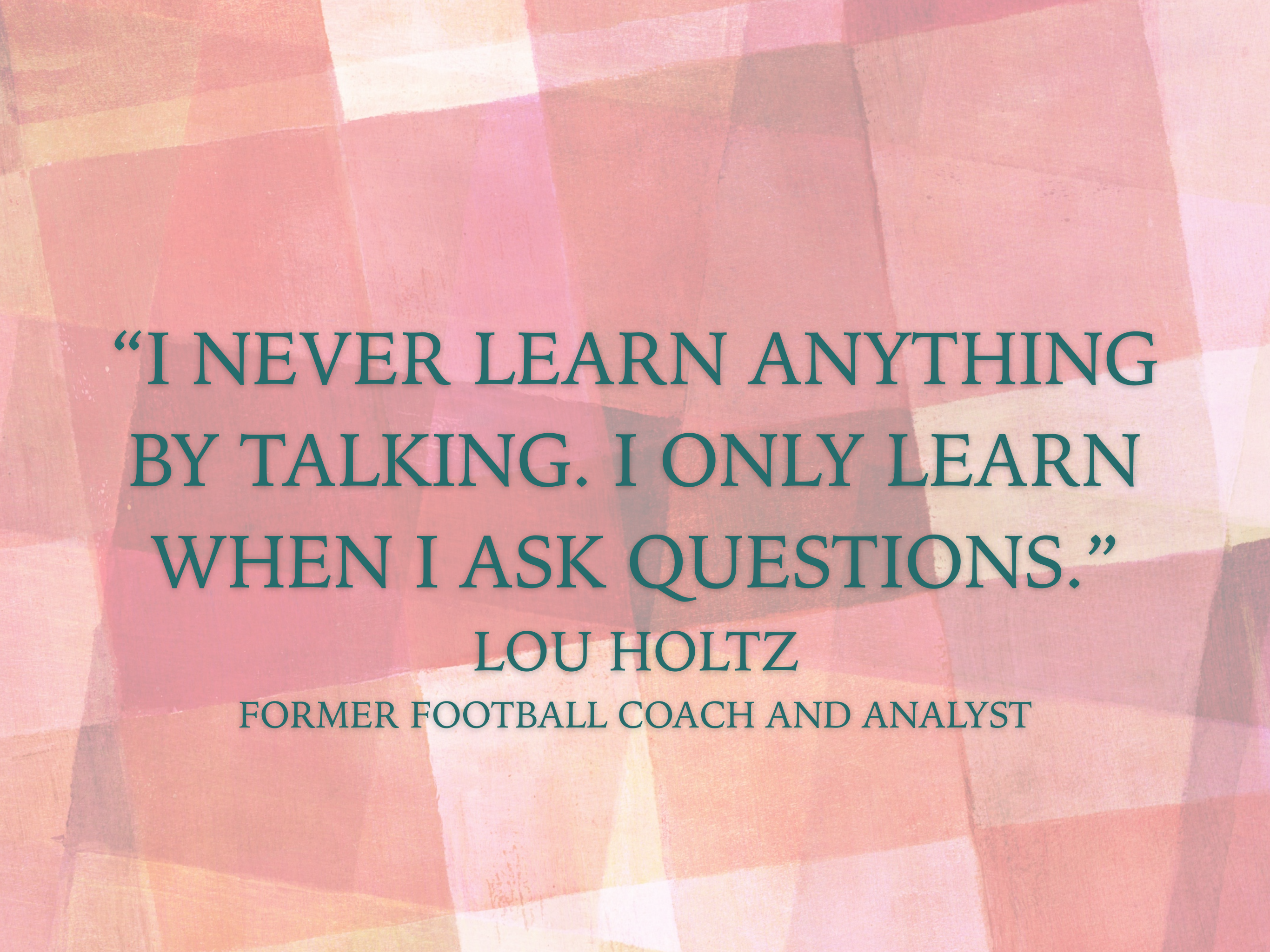


# SELF-ACTUALIZATION: SUCCESS FOR COACHES AND ATHLETES

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*ELAINE COOK & GRETCHEN KERR*  
*UNIVERSITY OF TORONTO*





“I NEVER LEARN ANYTHING  
BY TALKING. I ONLY LEARN  
WHEN I ASK QUESTIONS.”

LOU HOLTZ

FORMER FOOTBALL COACH AND ANALYST



# Elaine Cook

- CCPC Solution Focused Coach
- CertificateS in Solution-Focused Counselling and Training
- PhD. Candidate Sport Psychology
- Private Practice

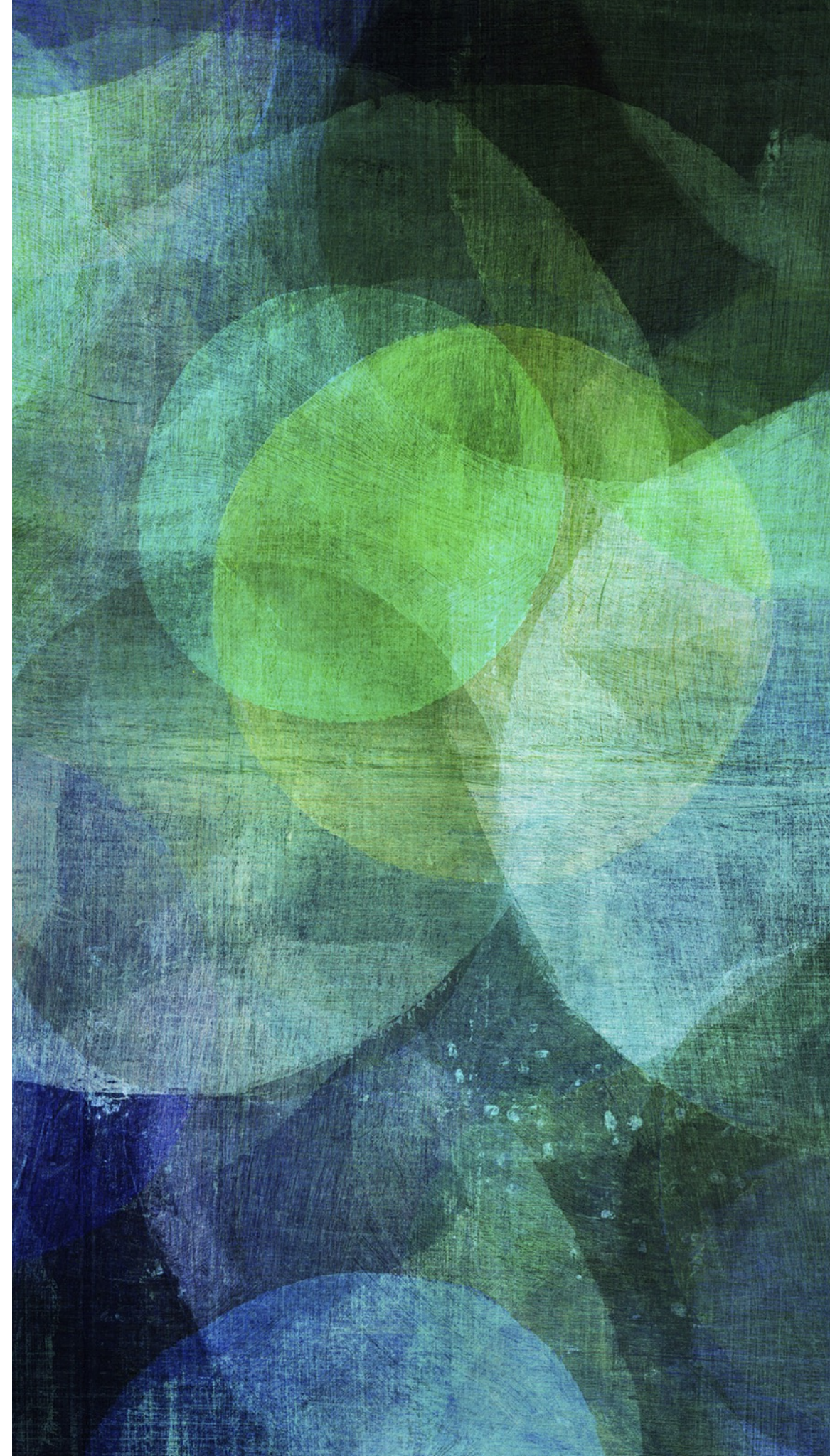




# SELF-ACTUALIZATION

“An individual’s expression  
of their  
full potential  
and  
a desire for  
self-fulfillment”  
(Ivtzan, 2013)

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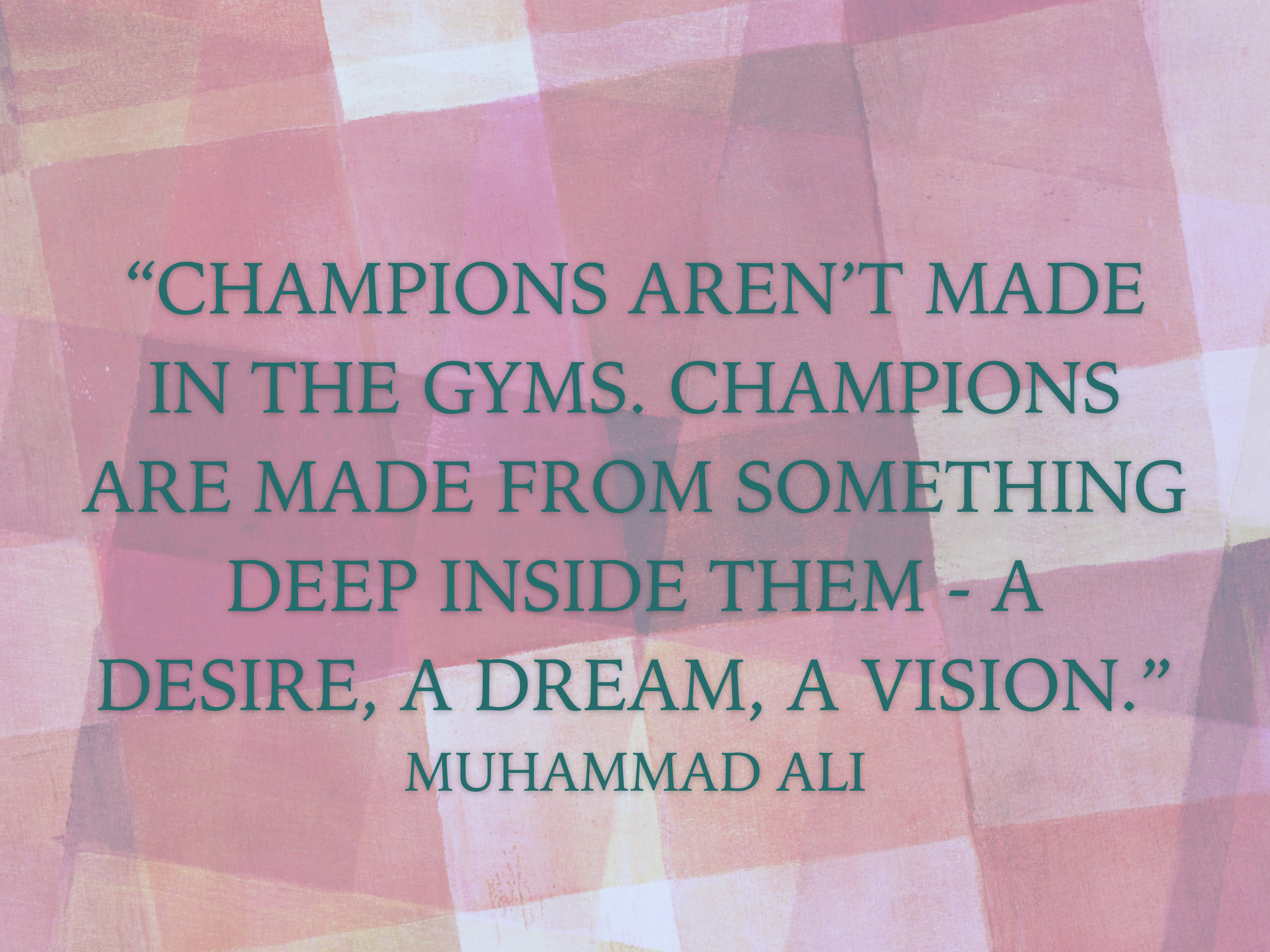


# CONTEXT

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- Self-actualization is fundamental concept of Maslow's Theory of Motivation
- Maslow is considered to be 'father' of humanistic psychology
- Humanistic psychology is considered to be the original Positive Psychology
- Solution-focused theory originates from Humanistic Psychology





“CHAMPIONS AREN’T MADE  
IN THE GYMS. CHAMPIONS  
ARE MADE FROM SOMETHING  
DEEP INSIDE THEM - A  
DESIRE, A DREAM, A VISION.”

MUHAMMAD ALI





# QUESTIONS

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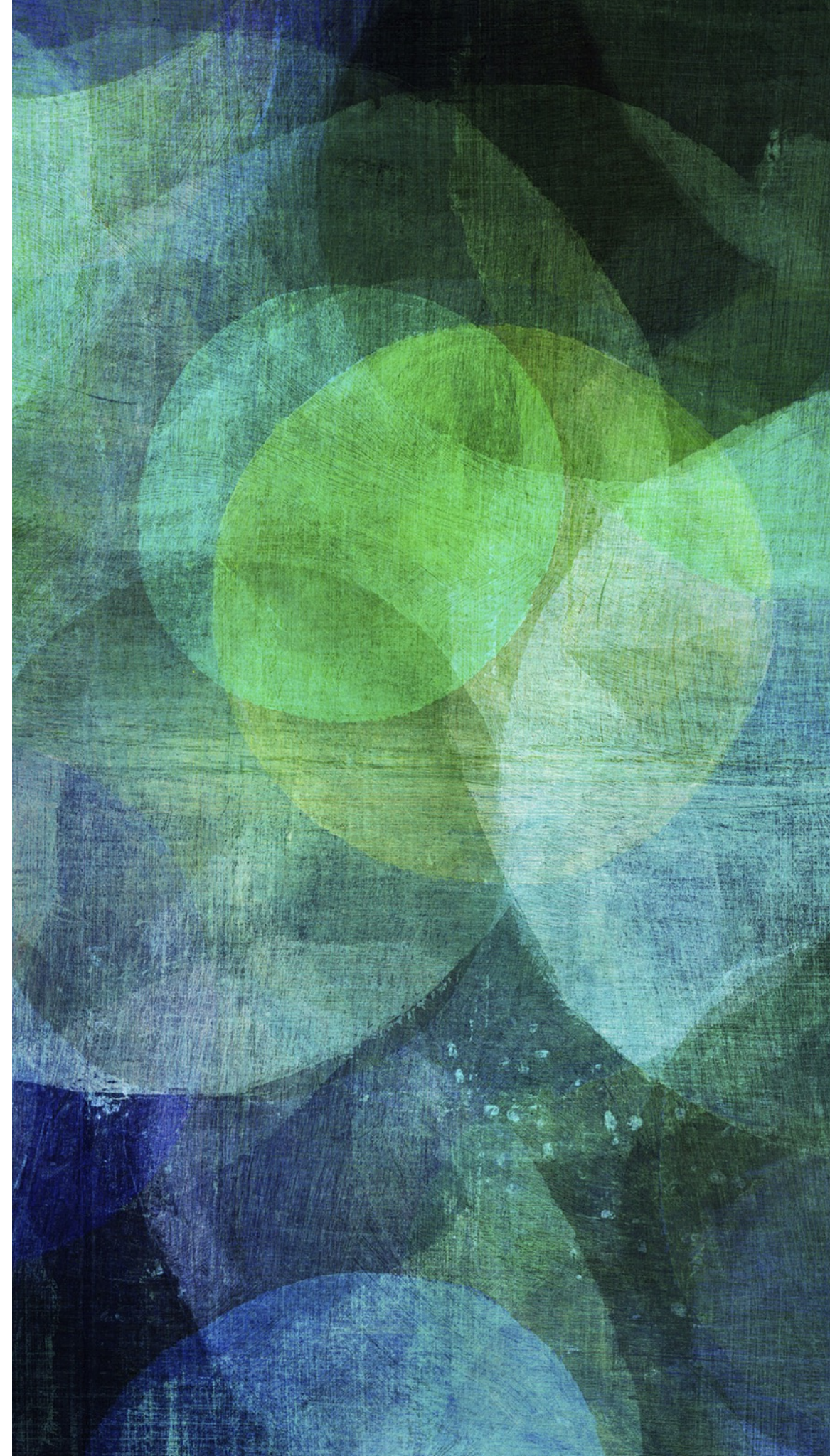
- What are your Best Hopes?
- What will your colleagues notice you doing that tells them you are working toward your best hopes?
- What are you already doing as a coach that is working well?
- What would you like to be doing more of?



# ATTRIBUTES OF A HUMANISTIC COACH

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- Democratic - power is shared between coach/athlete
- Collaborative - success is determined by athlete with help from the coach
- Athlete led and directed
- Enhances athlete autonomy and self-actualization
- Driven by coach questioning





Determines measures of success for athlete	Assists athlete in developing and articulating their Best Hopes and determinants of success
Directs athlete's training	Co-constructs training with athlete
Advises athlete regarding contributing systems	Asks questions that enhance athlete's support systems (VIPS)
Identifies weaknesses, and problems with athlete's performance - designs 'interventions'	Identifies and amplifies athlete's strengths and resources
Attempts to fix the problem - prescriptive	Assists athlete in discovering what they can do differently in order to feel successful
Expert stance	Leads from behind

## Coach Directed Approach vs Solution-focused Approach





# GENERATIVE QUESTIONS

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- Challenge
- Create fresh insights
- Amplify positive qualities
- Helps athletes' to create new meaning



# 6 WORD MEMOIRS



WAS HOT.

— raised kids. —

LOST COOL.

—Trudy Love Tantalò, 60



*Still Fit Into*  
~ high school ~  
*Earrings.*

—Kimberly Kilroy, 53



ABANDONED

at 5.

Learning to Thrive.

—Melinda Hui, 38



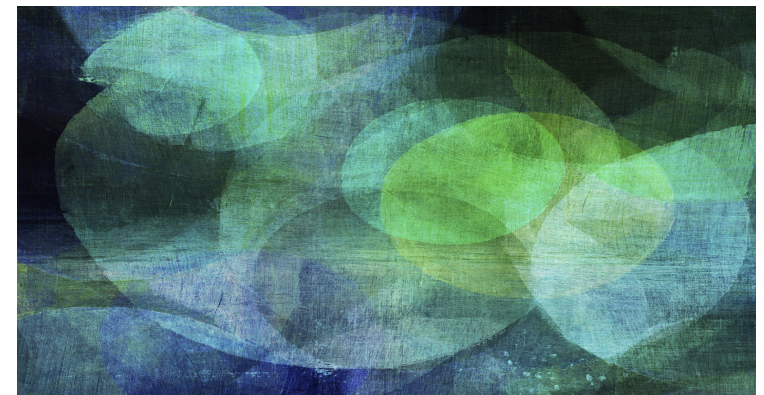


Every 20 years  
I Reinvent myself.

The quote is presented on a dark, textured rectangular background with a thin white border. The text is in a mix of green and white colors. The number '20' is large and white. The words 'Every' and 'years' are in a green script font. 'I' is in a green script font, 'Reinvent' is in a white sans-serif font, and 'myself.' is in a green script font. The quote is flanked by two white squares containing black arrows pointing outwards. The entire graphic is set against a teal background with faint white geometric lines.

—Wahana Vellutini, 83





A COACH AFFECTS ETERNITY, THEY CAN  
NEVER TELL  
WHERE THEIR INFLUENCE STOPS

HENRY ADAMS