

CHARACTERISTICS OF EFFECTIVE SUPPORT PEOPLE

An effective support person is aware of how their personality, strengths, growth areas, thoughts, beliefs, motivations and emotions effect their athlete and the people around them.

Self-aware

- Careful not to project their values onto their athlete
- Conscious of social and cultural norms
- Conscious that their belief systems may differ from their athlete.

Altruistic and compassionate

- Helpful because they truly care and want their athlete to flourish
- Not out to benefit themselves.

Empowering

- Guide athletes to increase their personal, interpersonal or political power
- Empower athletes and form relationships built on trust and shared power
- Not 'doing for' athletes, as that strips away choice and power.

Understanding

- Aware of, and in control of, their own feelings
- Recognise common feelings associated with helping, such as fear, disappointment, elation and confusion
- Able to deal with their own confusion and accept that they do not have all the answers.

Ethical

- Value welfare to ensure no harm is done
- Act with good intentions
- Maintain the confidence of their athlete.

Socially adaptive

- Model socially adaptive behaviors to athletes and practice what they preach
- Form clear boundaries.

