



Emotional Regulation for Coaches: What You Need/Want to Know

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Question 1

Is it important as a coach to navigate and manage your own emotions? Why or why not?



Question 2

Do you feel equipped to manage and regulate your own emotions as a coach?



Question 3

What have been your biggest challenges as a coach as it relates to navigating your own emotions?



I want you to avoid burnout and have an emotionally healthy team culture (emotions and burnout?)

Burnout is not a result of what you do as a coach, it is the result of how you do what you do as a coach

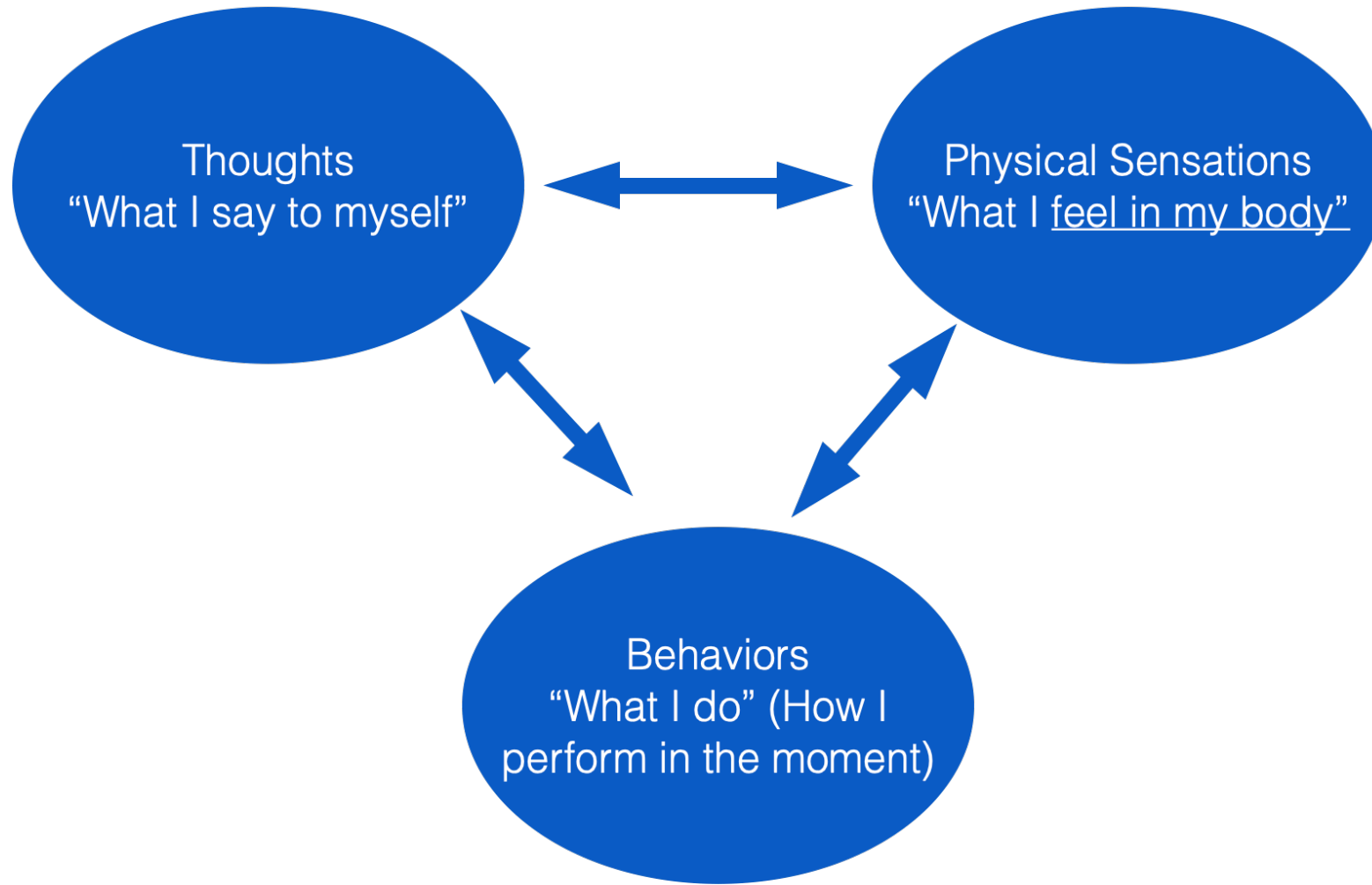




Coach Emotional Regulation: What You Need to Know



Coach Emotion Regulation: Know the Triad





Coach's Emotional Key

Emotions at the core aren't the problem but rather, how we have learned to respond to these emotions is the problem





Examples of Problematic Responses Coaches Often Use to Manage Emotions



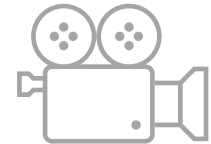
Internalizing anger
or “stonewalling”



Throwing
Equipment



Going off on a
Player



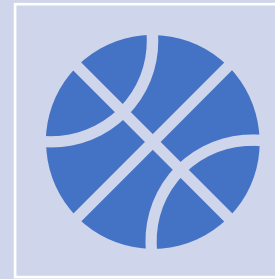
Spending "too
much time" on Film

What are other examples?



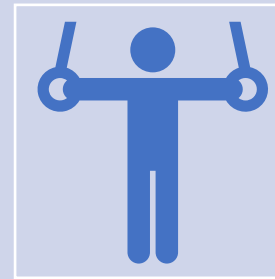
Coaches and Emotions

What is the purpose of emotions?



To get us to pay attention to both internal and external events so that we can navigate our world successfully.

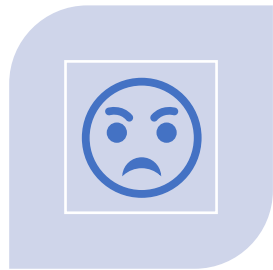
Coach Translation



(1) Trying to get you to pay attention to thoughts and physical sensations in your body so that you can
 (2) shift your attention to the environment as it relates to sport



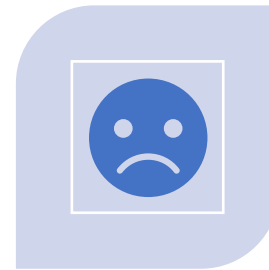
Understanding Common Emotions in Sport: Their Nature and Purpose



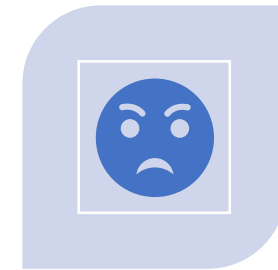
ANGER



ANXIETY



SADNESS



FRUSTRATION



. nger



Anger is the result of perceived intentional injury, victimization, or mistreatment



Common Thoughts

“Are you freaking kidding me, you know that’s not fair?!”



Takeaway

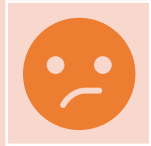
Anger prompts defending oneself or loved one and is usually directed at the source

Anxiety





Anxiety



Anxiety is a future oriented emotion that involves thoughts of uncontrollability and unpredictability of future events



Common Thoughts

“What if we lose this game?”

“What if we have another losing season?”



Takeaway

Anxiety is a normal part of coaching and trying to avoid it makes it more intense



Sadness





Sadness



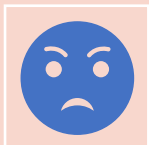
Sadness is the result of a loss or personal setback



Common Thoughts

“I didn’t want it to end this way.”

“I will never get that back”



Takeaway

Sadness should be processed carefully so that you can move forward afterwards



Frustration



Frustration



Frustration is the result of unmet expectations



Common Thoughts

“I shouldn’t have called that play!”
 “Why did I do that?!”



Takeaway

IF directed toward a person, frustration
 can become anger
 Do I need to alter my expectations?



Strategy 1 for Coach Emotion Regulation

Anchoring

Use this card to train yourself to respond to intense emotions as a Coach

1. Anchor in the present (inhale through nose for 4, exhale out mouth for 6)
2. "Shoot the three":

What am I **thinking** right now? What am I **feeling in my body** right now? What am I doing/feel the need to do right now?

Ask yourself: How should I respond to what's happening right now?

Make your response line up to what's happening right now

*****Practice this Twice per day on your terms and AS NEEDED!**



Strategy 2 for Coach Emotion Regulation

Challenging Thinking Traps

- Jumping to Conclusions
 - Fortune Telling and Mind Reading
 - Ex: “She is not going to execute this play.”
 - Ex: “His parents don’t think I’m a good coach.”
- Catastrophizing
 - Blowing things out of proportion
 - EX: “This always or never goes as planned.”
 - Ex: “This is the worst game I’ve ever coached in my life!”



Challenging Thinking Traps: Disputing Questions

- Do I know for certain that _____ will happen?
- What has happened in the past?
- So what?
- Do I have a crystal ball?
- Does _____ mean _____?
- What is another explanation?
- If this happens, can I cope with that?
- Am I 100% sure that this negative outcome will occur?

****Memorize and integrate these questions yesterday****



Question 3: Did We Answer This Question?

What have been your biggest challenges as a coach as it relates to navigating your own emotions?



Thank You

