

Building Confidence

Simple strategies to help all athletes become more confident
Jessie Magoto, Minster



What is your goal for the season?



I will be successful if . . .



**What does success
look like?**



Relationships: Helping athletes become the best version of themselves . . . one step at a time.

Through Learning

Growing

Taking Chances





Success looks like a lot like taking chances.



Confidence



80% of 1st graders have a high self esteem

20% by 5th grade

5% as they graduate high school



How are you planning to help build confidence?

What strategies are you using everyday?



COMPETE!

Anyway, anything. . . get comfortable competing.

**Obstacle Course
Push ups, Pull ups
Wall sits
Shopping**



- 1. Awareness**
- 2. Feed their mind**
- 3. Goals**
- 4. Value from who you are, NOT what you do**



1. Awareness.

“We are all experts in mental training we practice it every day. Most people just aren’t aware of it.”

Joshua Medcalf

What are you saying all day everyday?

You can control it if you are aware of it.



What can't you control?

**What CAN you
Control?**



**You can control your attitude.
Your resilience.
Your confidence.**



2. Feed their mind.

You first, then them.

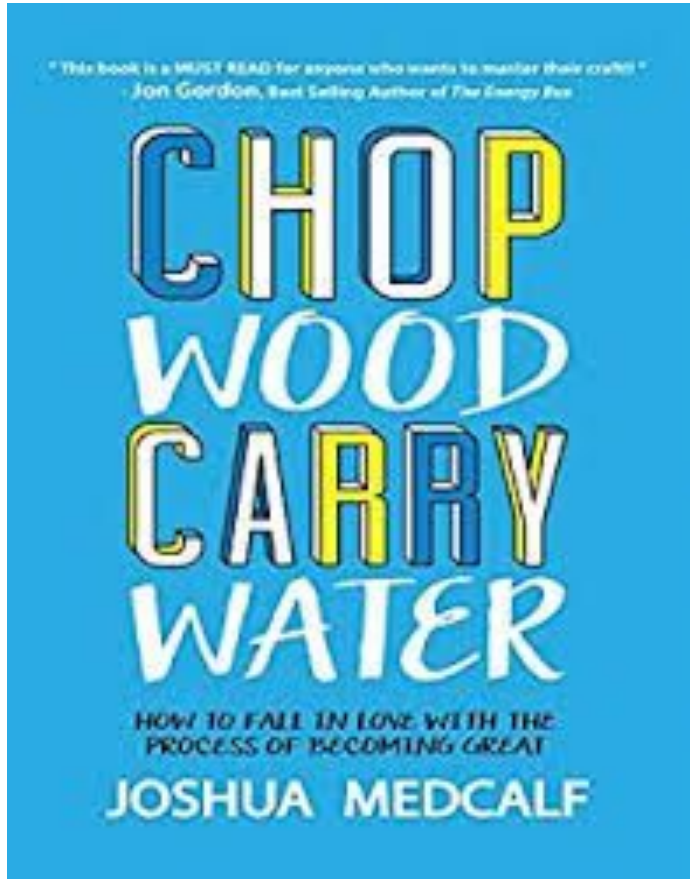
***Give it a shot.**

***It's ok to struggle.**

***This is tough; tough is ok.**

***Stay positive.**





“Isn’t it strange, John, that wind can be both creative and destructive at the same time? It all depends on how you harness it.”

—“Words are a lot like that. Just like the wind, they are everywhere. We use them everyday to talk to others, but most importantly, we use them to talk to *ourselves*.”

3. Goals: physical and mental

Write them

Talk about them

Reflect on them

****This is a great opportunity to talk about what success it and what they can control**



E+R=O

**Your Response is
most important
when the Event is
most difficult.**

4. Person>Performance

REPETITION

REPETITION

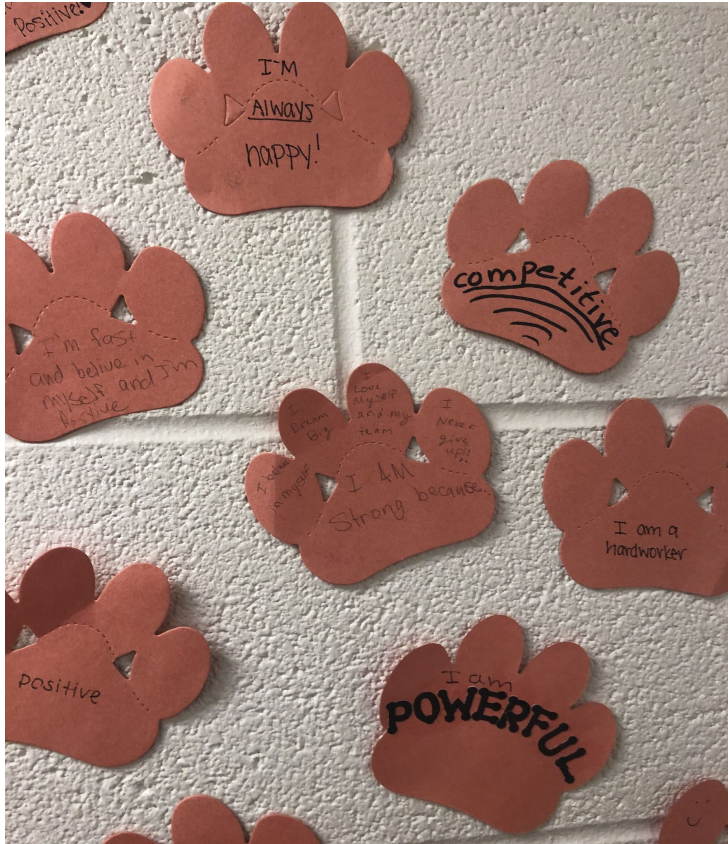
REPETITION



What works for us:
Thankful Thursday
40% Rule

Write your banquet speech

What makes you strong?



**Go back to your definition of success.
Know what it is and isn't. Remind them of
this. . . everyday.**

**Success is not a trophy; it's not an award.
It's getting a little ~~bit~~ better everyday.
Success is working toward becoming the
best version of yourself.**



Questions?

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