


# CHALLENGE YOURSELF



**Ready to take action? Ensuring young people have the right to develop means that they have the freedom to create, innovate and take ownership of their own sporting journeys. But how can you support them to do this? Here are some child-first coaching resolutions that you might want to try in your next session.**

- 
- An illustration of a blue spiral-bound notebook with a light blue cover. The notebook is open to a white page. On the right side of the page, there are three sticky notes: a purple one at the top, a pink one in the middle, and a yellow one at the bottom. A yellow pencil with a pink eraser and a sharpened lead tip is positioned diagonally across the bottom right of the page. The notebook has a silver spiral binding on the left side.
1. Co-create a challenge with your participants for them to have a go at in the next session
  2. Develop an individual development plan alongside each participant that reflects their interests and development needs
  3. Find out something new about the people taking part in your activity to help build a stronger personal connection
  4. Start by asking three people from your sessions about their day. What have they enjoyed and not enjoyed?
  5. When communicating with participants, focus your language and message on progression, not perfection.