

FAMILY & FRIENDS PROGRAM



The AW&E Family & Friends Program is a 3-hour interactive workshop designed for the support networks of elite athletes. The aim of the workshop is to help family and friends navigate critical conversations that may include high emotions, high stakes, pressure, perceived helplessness, and ambiguity of outcome.

The purpose of this workshop is to acknowledge and celebrate the role of family and friends by:

- Raising awareness of their valuable roles
- Sharing relevant information
- Developing their skills to be an effective support person and thereby better enabling the performance of their loved ones.

Participants of this workshop receive practical tools to use in their day-to-day conversations with athletes through evidence-based research on emotional intelligence and the strategies of coaching psychology.

The workshop includes three elements:

ELEMENT 1

Emotional Intelligence 101

This element will explain what is happening on a psychological and physiological level when we find ourselves in difficult conversations. It explores how the brain responds to threat and how this impacts how we think when we are faced with high emotions, high stakes, pressure, perceived helplessness, and ambiguity of outcome.

ELEMENT 2

Thought Become Actions

This element will challenge family and friends to consider how they tend to act when they encounter the difficulties presented in Element 1. Family and friends will be introduced to simple strategies for them to regulate their own emotional response. Then, using vignettes, their own experience and Karpman's *Triangle of Drama* as stimuli, participants will delve into how by making a subtle shift in their *own* thinking and behaviour, they are able to empower those around them.

ELEMENT 3

The Coaching Conversation – Emotional Intelligence in Action

This element will teach family and friends the SHIFT model for conversations. Participants will learn how to deploy this type of conversation in the moment through a facilitated “Coaching Sprint” to address a real-life situation that they are currently facing.

All participants receive a comprehensive journal as well as access to an online platform with further resources to help support themselves and their athlete.

The program requires a minimum attendance of 10 family or friends of categorised athletes. It is the responsibility of the AW&E Manager to provide a venue and any necessary catering.

For more information about this program or other resources available to enhance athletes' personal development contact Evelyn Le Pavoux on **0466 856 684** or **Evelyn.LePavoux@sportaus.gov.au**.