

## **Lunch Room**

## **3D Coaching Points**

This strategy gives athletes an opportunity to demonstrate moral character and courage to their peers by being inclusive to all people, especially towards those who are marginalized. They will experience true significance by learning to show empathy towards others and by being a source of encouragement to those who need it most. As an extension of your own transformational purpose as a coach, athletes receive the opportunity to experience a greater sense of purpose beyond the athletic field.

## **Strategy Overview**

NOBODY wants to eat alone. This is true of your athletes, and this is also true of everyone within the community you/they are a part of. Because athletes are typically afforded a significant amount of influence within any given community, they are also afforded the power to radically change the experience of others who are being ostracized by their peers.

Before you implement this as a team, watch this story that demonstrates the powerful impact this simple strategy can have on others.

Teach your athletes to empathize with others by having them contemplate what it would be like to be in the shoes of one who is alone at lunch. Then, establish a team rule that "no one eats alone" in the cafeteria.

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## Applications – Lunch Room

1 <sup>st</sup> Dimension	Level 1 Applications
Physical Training	
Skill Development	
Tactics	
2 <sup>nd</sup> Dimension	Level 2 Applications
Motivation	
Confidence	
Emotions	
Team Cohesion	$\checkmark$
Goal Setting	
3 <sup>rd</sup> Dimension	Level 3 Applications
Character	$\checkmark$
Identity & Self-Worth	
Identity & Self-Worth  Value & Significance	<b>⊘</b>
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*Because many 3D strategies have multiple level 2 & 3 implications, these tried to limit the number of checkmarks to the most obvious applications t	checkmarks do not likely display their full scope of impact. We have o make the planning process easier.
Value & Significance  *Because many 3D strategies have multiple level 2 & 3 implications, these tried to limit the number of checkmarks to the most obvious applications to the will this strategy be executed?	checkmarks do not likely display their full scope of impact. We have o make the planning process easier.
*Because many 3D strategies have multiple level 2 & 3 implications, these tried to limit the number of checkmarks to the most obvious applications t  When will this strategy be executed?  □ Pre-Season □ In-Season □ Post-Season □ Off-Seas	checkmarks do not likely display their full scope of impact. We have o make the planning process easier.