

Lunch Room

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.

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.

| "To" Strategies | | "Through" Strategies |
|---------------------------------|--|----------------------|
| 2nd Dimension | | |
| Motivation | | |
| Confidence | | |
| Emotions | | |
| Team Cohesion | | ✓ |
| Goal Setting | | |
| 3rd Dimension | | |
| Identity | | |
| Character | | ✓ |
| Significance | | ✓ |
| Self-Worth | | |
| Values | | ✓ |
| Purpose | | ✓ |

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Notes: