Expectations – For Athletes

- Be respectful of the person speaking

- Engage in the class

- Ask questions

- Minimize distractions

Expectations – For Mentors

- Be attentive

- Be prepared to assist the athlete participants if they ask for it

- Do not speak for the athletes; give help only if the athlete is asking for help

- Don't speak for athletes or assume they need help – ask them

- Be energetic and positive

- Minimize distractions

Expectations – For Facilitators

- Be prepared to teach and try to meet the needs of all athletes

- Challenge participants to learn something new about themselves and others

- Provide opportunities for each athlete to be successful and grow

- Support and engage in discussion and questioning that lead to learning

- Treat athletes and mentors with respect and care

- Create an atmosphere of mutual respect and joy of learning

Module Overview

Lesson 1: Self-Awareness. We will discuss identifying your emotions.

Lesson 2: Self-Management. We will discuss self-management techniques.

Lesson 3: Empathizing with Others. We will discuss the importance of empathy and responding to others with empathy.

Lesson 1: Self-Awareness

In this lesson we will:

- Define self-awareness

- Explore your emotions

- Discuss how self-awareness strengthens your leadership

- Identify how you can improve your self-awareness
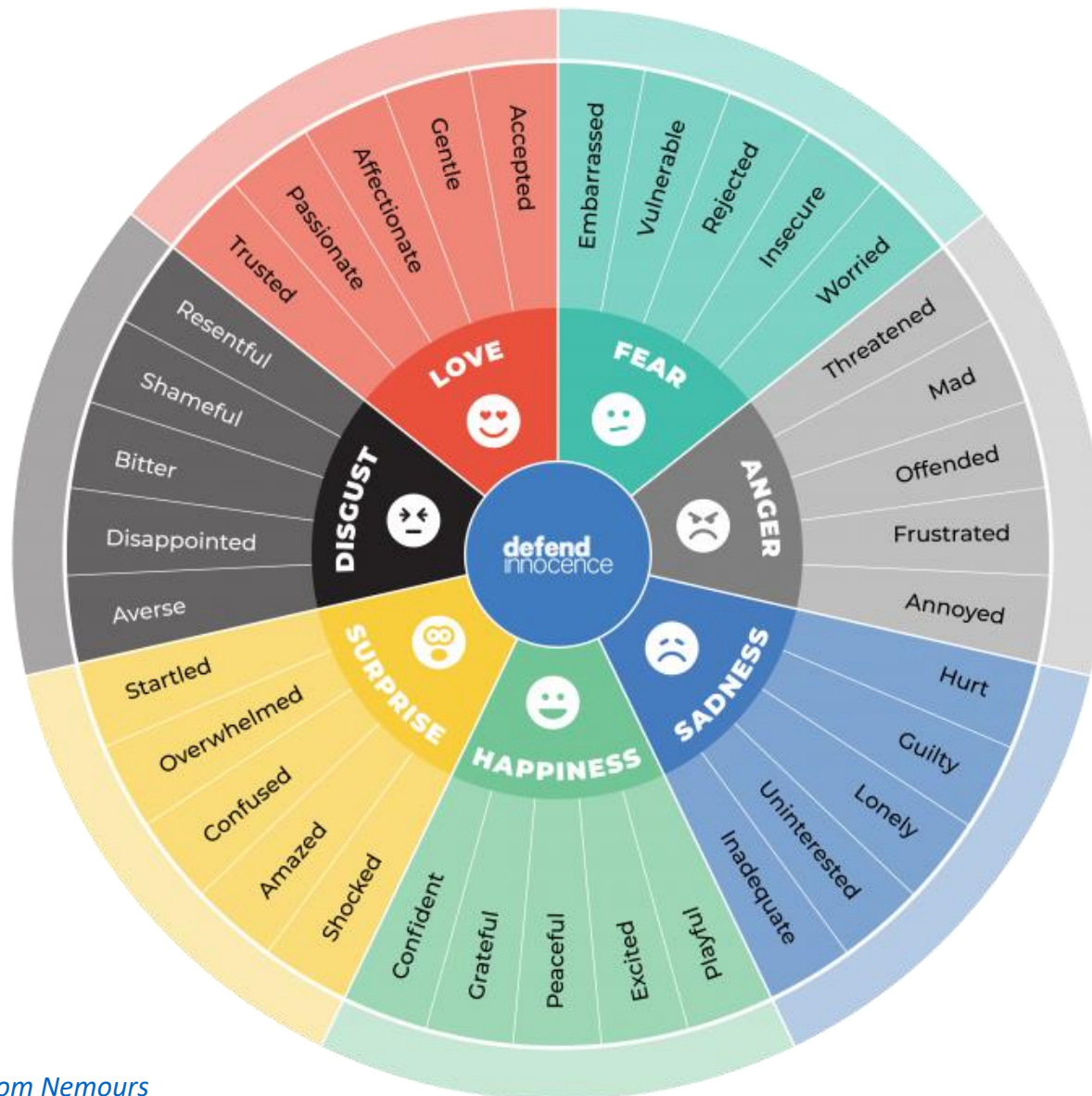
Self-Awareness

The ability to identify and understand your emotions.

Emotion Wheel

Emotions can be confusing

- Depending on the situation you are in, the emotion you are feeling can mean different things.
- Close your eyes and imagine the following situations thinking about the emotions you feel:
  - ***Winning a gold medal***
  - ***Getting a hug from a family member***
  - How do you feel in these moments?
  - How are the emotions the same or different?

Are emotions good or bad?

- No such thing as good emotions or bad emotions

- Everyone shows their emotions differently

- They are the best way for people to communicate with one another especially if language is a barrier

- You need to understand how your emotions affect others

- Emotions can be mild or intense – or anything in between

- Emotions change **constantly** – and that is okay!

Emotional awareness

- You must control your emotions, so they do not control **you!**

- How well do you control your own emotions?

- Why is it important to control your emotions?

- How can you control your emotions better?
  - Pay attention to your emotions throughout the day and ask yourself what caused that emotion.
  - Rate how strong the feeling is and why this version of this feeling you felt the other day is different.
  - Share your feelings with other people.
  - Fight the urge to judge your emotions in terms of bad vs. good emotions

Emotion Diary

Emotion Diary

Use this Emotion Diary to track your emotions throughout the day. Complete at least one entry every 2 to 3 hours for one day.

Date: _____

Time	What are you doing?	What are you thinking?	What emotion are you feeling?	How would you describe the emotion you are feeling?

Discussion questions

- What are the signs that tell you when you are happy? What about the signs that tell you when you are sad?

- Why is it important to have self-awareness as a leader?

- How can your emotions keep you from becoming a good leader?

- How do you get better at knowing your emotions and changing how you act?

Lesson 2: Self-Management

In this lesson we will:

- Define self-management

- Review self-management techniques

- Discuss how self-management strengthens your leadership

- Identify how you can improve your self-management

Self-Management

Self-management is the ability to control your emotions, thoughts, and behaviors.

Self-Management Techniques

Self-Management Techniques^

Read through each of the self-management techniques^ and their definitions. Mark the box that fits your experience with the techniques^.

Technique	Definition	Tried it and works	Tried it and does not work	If it did not work, why?	Want to try	Do not think it will work	If you do not think it will work, why?
Count to 10	Slowly count to 10 before reacting^.	☐	☐		☐	☐	
Take deep breaths	Close your eyes and take a few slow, deep breaths before reacting^.	☐	☐		☐	☐	
Speak to someone who is not involved in the situation	This can give you an outside perspective and help you see all sides of the situation.	☐	☐		☐	☐	
Exercise	Exercising can give your brain a break to recharge and will release endorphins^ that help you feel more positive.	☐	☐		☐	☐	
Control what you can control	You cannot control everything. Think about what you can control in the situation and focus on that. You can control how you act, but you cannot control other people.	☐	☐		☐	☐	
Take time to think	Step away from the situation for some time and give yourself a chance to think about the big picture and to calm down. Plan breaks during your day.	☐	☐		☐	☐	
Talk to yourself	Positive "self-talk" can help you feel better and be more positive. Look at your reflection in the mirror and tell yourself things such as "You've got this!" and "You won't always feel this way; things will get better."	☐	☐		☐	☐	
Smile!	The simple act of smiling will send signals to your brain telling it that you are feeling happy and as a result, you will start to feel better!	☐	☐		☐	☐	
Change your body language	You cannot always control your emotions, but you *can* control your body language. We communicate a lot with our body (for example: folded arms, hunched over, etc.). By changing your body language to be positive, it can send signals to your brain telling it to make your emotions more positive as well.	☐	☐		☐	☐	

Strong Minds

Other resources available at:
**https://resources.specialolympics.org/
health/strong-minds**

Discussion questions

- How do you know if a self-management technique has worked to calm you or not?

- Are there any techniques that are not on this list that you would recommend to others?

- How can you get better at managing your emotions?

- Is showing emotions good or bad?

- Mentors: How do you deal with your emotions? Any advice for the athlete leaders?

Lesson 3: Empathizing with Others

In this lesson we will:

- Define **pity**, **sympathy**, **empathy**, and **compassion**

- Discuss what each of these looks like and how they are all different

- Discuss how to respond to others with empathy

- Discuss how empathy can strengthen your leadership

- Identify how you can improve your empathy

Pity
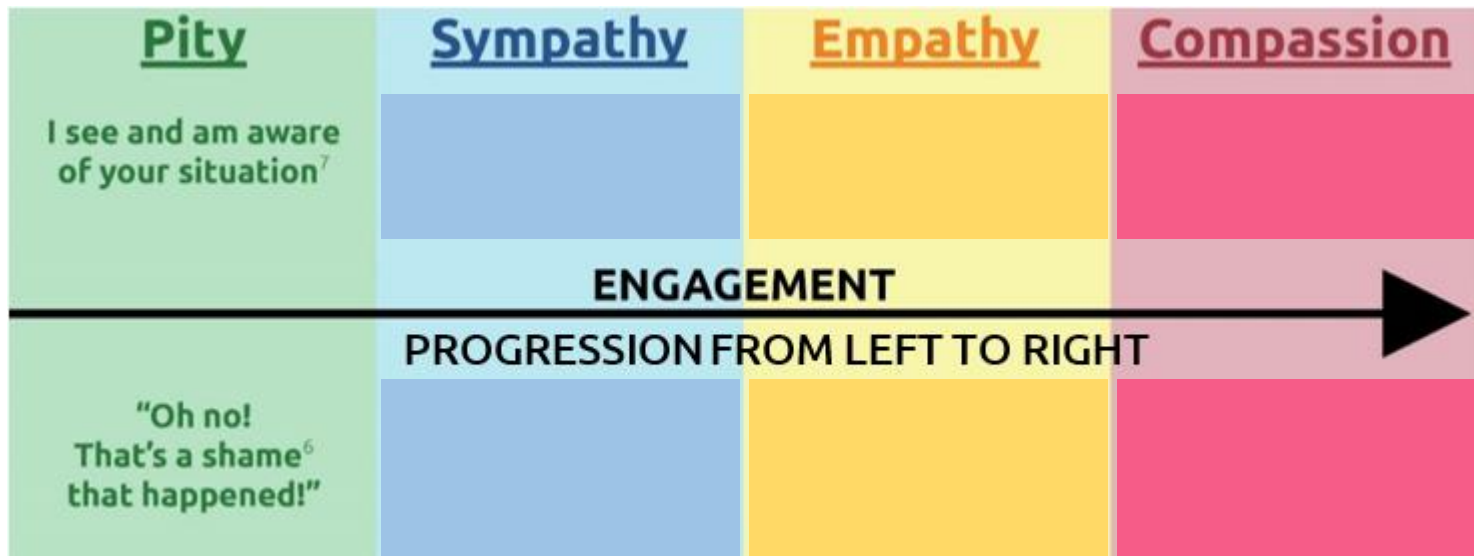
Pity is the feeling of sadness caused by the suffering and misfortune of others.

A person being pitied is typically being looked down on for being in a bad situation.

Pity	Sympathy	Empathy	Compassion
I see and am aware of your situation[7]			
ENGAGEMENT			
PROGRESSION FROM LEFT TO RIGHT			
"Oh no! That's a shame[6] that happened!"			

Sympathy

Sympathy is the relationship between people so when something affects someone, the other person feels it as well.

It is better than pity because you think and care about their situation, but the feeling is not strong enough for you to try and help them.

Pity	Sympathy	Empathy	Compassion
I see and am aware of your situation[7]	I care about your situation[7]		

ENGAGEMENT

PROGRESSION FROM LEFT TO RIGHT

Pity	Sympathy	Empathy	Compassion
"Oh no! That's a shame[6] that happened!"	"I am so sad and sorry that you experienced[2] that"		

Empathy

Empathy is the ability to understand and share the feelings of someone else.

Empathy is different from pity and sympathy because it involves an action of trying to understand and share someone else's feelings.

Pity	Sympathy	Empathy	Compassion
I see and am aware of your situation[7]	I care about your situation[7]	I feel the same feelings you have in that situation[7]	

ENGAGEMENT

→

PROGRESSION FROM LEFT TO RIGHT

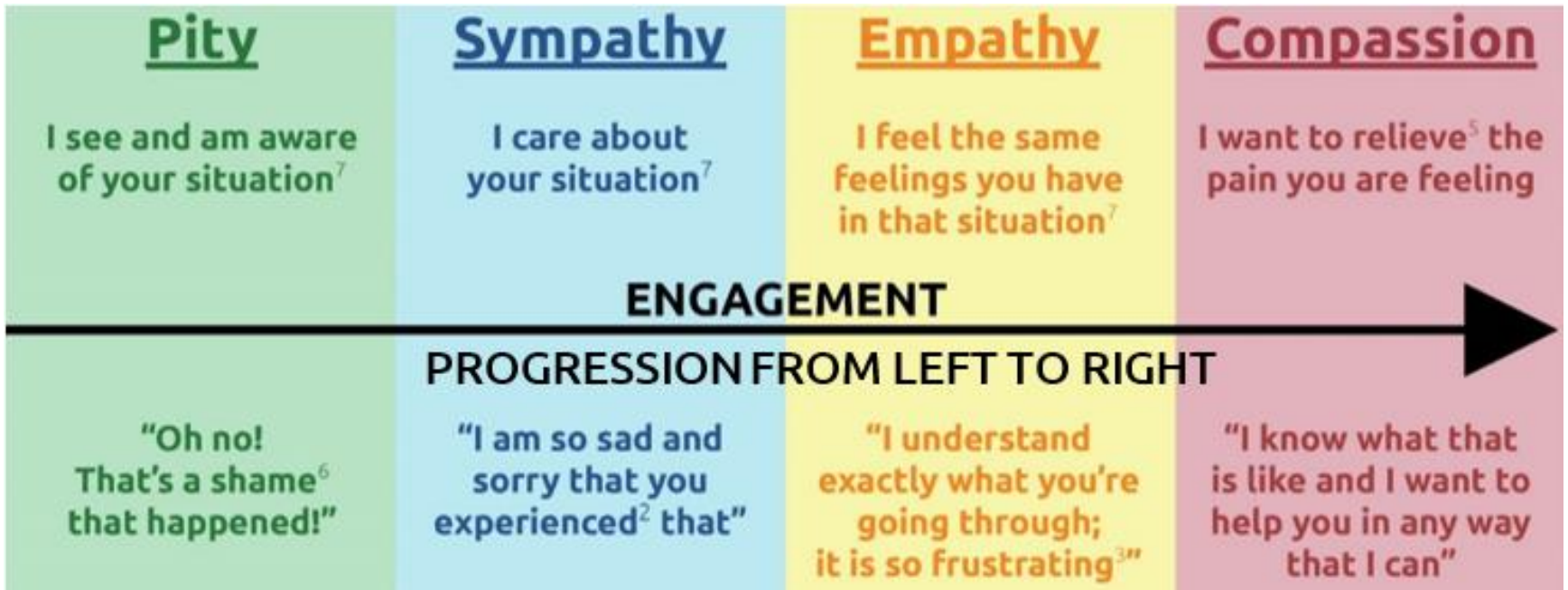| Pity	Sympathy	Empathy	Compassion
"Oh no! That's a shame[6] that happened!"	"I am so sad and sorry that you experienced[2] that"	"I understand exactly what you're going through; it is so frustrating[3]"	

Compassion

Compassion is the feeling when **empathy** is so strong that you must do something to help.

You understand their situation, maybe even feel the pain yourself, and will do anything to make them feel better.

Pity	Sympathy	Empathy	Compassion
I see and am aware of your situation[7]	I care about your situation[7]	I feel the same feelings you have in that situation[7]	I want to relieve[5] the pain you are feeling

ENGAGEMENT

PROGRESSION FROM LEFT TO RIGHT →

Pity	Sympathy	Empathy	Compassion
"Oh no! That's a shame[6] that happened!"	"I am so sad and sorry that you experienced[2] that"	"I understand exactly what you're going through; it is so frustrating[3]"	"I know what that is like and I want to help you in any way that I can"

Let's review!

Pity	Sympathy	Empathy	Compassion
I see and am aware of your situation[7]	I care about your situation[7]	I feel the same feelings you have in that situation[7]	I want to relieve[5] the pain you are feeling

ENGAGEMENT

PROGRESSION FROM LEFT TO RIGHT

"Oh no! That's a shame[6] that happened!"	"I am so sad and sorry that you experienced[2] that"	"I understand exactly what you're going through; it is so frustrating[3]"	"I know what that is like and I want to help you in any way that I can"

Which One is Empathy?

"I feel last week at practice and I do not think I can compete today."

a) "Do not be a baby! You will be fine."

b) "Oh man! I'm so sorry. That looks like it must hurt!"

c) "Ouch! You should see the bruise I got last week."

Which One is Empathy?

"I'm anxious about my tennis match today."

a) "It is going to be a tough match for you, but I think you can do it."

b) "I understand and don't blame you. Let's find a replacement for you to take your place."

c) "I understand being nervous, but I know you have been practicing a lot so I know you will do the best that you can!"

Which One is Empathy?

"The dentist told me I have to get a very painful root canal surgery."

a) "Oh man, that's horrible! Let me know if you need me to get you some soup or a milkshake afterwards."

b) "My cousin had one and he said it did not hurt at all."

c) "That is really going to hurt. Good luck!"

Reflection Questions

1. Tell us a time when someone showed you compassion. How did it make you feel (use the emotion wheel).

2. Tell us about a time when you showed someone else compassion.

3. How can having empathy help you as a leader?

4. How can you get better at showing empathy?

Guess the Emotion!

1. Group will be divided into groups of 2-4 individuals.

2. You will use the list of emotions from the emotion wheel from Lesson 1.

3. Each person in the group will take a turn selecting an emotion from the list and acting it out without using any words.

4. Group members must guess the emotion.

Guess the Emotion!

1. Group will be dividing into 2 teams.

2. One participant from Team A will select a flashcard that has an emotion written down on it. They will act that emotion out to their group without using any words.

3. Other Team A members must guess the emotion. You will have 15 seconds to guess the emotion.

4. If Team A guesses emotion correctly, they get 1 point.

5. Team B repeats the process by selecting a new emotion and acting it out.

6. Repeat until every team member has a turn to act out an emotion.
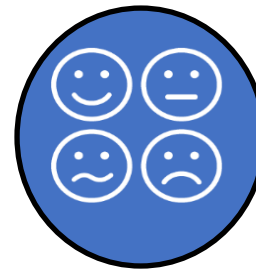
7. Team with highest score wins!

Guess the Emotion Debrief

1. What was difficult about guessing the emotions?

2. Were there certain emotions that were easier to guess?

3. What did you pay attention to in order to guess the correct emotion?

4. How can identifying emotions in people (and yourself) help you work with people and become a better leader?

Module Wrap Up

- Self-Awareness is the ability to identify and understand your emotions. It helps you manage your emotions.

- Self-management is the ability to control your emotions, thoughts, and behaviors. It helps you react calmly instead of emotionally.

- Empathy is the ability to understand and share the feelings of others. It helps you understand why others react the way they do and allows you to respond appropriately.

- Understanding your emotions, being able to control your emotions, and understanding the emotions of others will make you a stronger leader.

THANK YOU

Please take the evaluation:
https://specialolympics.qualtrics.com/jfe/form/SV_5cZHOzU0qemAkDP