



# Peak 9

Confidence. Courage. Resilience. Leadership.



Celebrating  
Females  
in Soccer

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Skills - taught, practiced, developed

**\*Emotional Fitness**

# What Influences Confidence?

List what influences players' confidence:  
Ex: Teammates

Circle positive, square negative

**Control = YOU**

# Solution Focused

\*Shift brain from Problem Focused to Solution Focused-  
take emotion out of it and focus on finding solution.

## The TOOL:

- What went wrong (the mistake)
- Why did it go wrong (the cause)
- How can I make it better (the solution)

Groups: Pick a mistake and apply the TOOL & answer What, Why, How



Inspire first, motivate last

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