



Creating Equitable Connection Through Care

In an equitable environment, we want to meet all players where they are to ensure they have the opportunity to learn, feel cared for, and feel included. Here are some strategies to build connections with all players:

Coaches Can:

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| <ul style="list-style-type: none">• Warmly welcome all players by name | <ul style="list-style-type: none">• Use body language and gestures to communicate that all players' ideas are welcome and valued |
| <ul style="list-style-type: none">• Use moments before session for small conversations | <ul style="list-style-type: none">• Praise effort, not outcome |
| <ul style="list-style-type: none">• Move around space to connect equitably with all players | <ul style="list-style-type: none">• Set clear group expectations about how players treat themselves, each other, and the mentor |
| <ul style="list-style-type: none">• Be curious, ask questions, seek multiple perspectives | <ul style="list-style-type: none">• Manage conflicts using conversation instead of punishment |
| <ul style="list-style-type: none">• Be present and listen to understand | <ul style="list-style-type: none">• Observe constantly and notice if players are being included/excluded |
| <ul style="list-style-type: none">• Implement rituals that contribute to a positive environment | <ul style="list-style-type: none">• Remember players' lived experience impacts how they show up, take a moment so you respond effectively instead of reacting |
| <ul style="list-style-type: none">• Share your own humanity, laugh at yourself, have fun | |
| <ul style="list-style-type: none">• Reflect on your own attitude and beliefs to uncover biases | |