

GRASSROOTSOCCER



MIND SKILLZ

TRAINING MANUAL

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MindSKILLZ Training Manual

Purpose:

This manual is for Grassroot Soccer training staff. The manual guides training staff through a MindSKILLZ training for youth workers (e.g., coaches, teachers, volunteers, and health workers).

The MindSKILLZ training consists of four modules:

1. Introduction to mental health.

By the end of the module, participants should be able to:

- Describe mental health in their own words.
- Describe different factors that impact our mental health.

2. Caring Coach facilitation skills.

By the end of the module, participants should be able to:

- Use facilitation techniques to create a safe learning environment for young people.
- Use facilitation techniques to promote learning and skills acquisition among young people.
- Use facilitation techniques to create a learning environment free of mental health-related stigma.

3. Take care of your mental health.

By the end of the module, participants should be able to:

- Identify strategies they can use to improve their mental health.
- Identify things they already do to maintain good mental health.
- Identify resources they can turn to for more information, support, or professional help.

4. Mental health conditions and responding to someone in need.

By the end of the module, participants should be able to:

- Identify common mental health conditions, including symptoms and treatments.
- Respond to a young person with acute mental health and psychosocial needs, particularly how to manage disclosures and referrals to the appropriate care.

Module 2: Caring Coach Facilitation Skills
Session 4: Praise

Goals. By the end of this session, participants should be able to:

- Define T.L.C. praise
- Identify at least one reason praise is beneficial for young people
- Identify at least one difference between TLC praise and generic praise

Materials

- Flipchart
- Markers/Pens
- Paper

Preparations

- Make *Praise Mat* Flipchart
- Negative/Positive and TLC flipcharts

Duration

- 60-75 minutes

Trainer Notes and Reading

- Summary of the core concept of PRAISE: *“Every one of our participants will walk into our sessions with their personal Positive / Negative lists in their hearts, minds, and memories. They often define themselves by these lists and especially by the words that impacted them most severely. While we cannot take the lists away, nor can we remove the negative words, we create a new perspective by intentionally adding to the Positive side of the list. This is where TLC Praise fits in - making that positive list even longer so that the negative one can fade into the background”* – Derek Daniels.
- Read these summaries: [Growth Mindset Overview](#) & [Zone of Proximal Development](#).
- Decide if either resource is relevant to the participants in your training. These resources, like others referenced in this manual, may be too theoretical or abstract for coaches.

<table border="1"><tr><td><u>Negative</u></td><td><u>Positive</u></td></tr><tr><td></td><td></td></tr></table>	<u>Negative</u>	<u>Positive</u>			<table border="1"><tr><td></td><td>TLC</td></tr><tr><td>T:</td><td>Tell it</td></tr><tr><td>L:</td><td>Label it</td></tr><tr><td>C:</td><td>Celebrate it</td></tr></table>		TLC	T:	Tell it	L:	Label it	C:	Celebrate it
<u>Negative</u>	<u>Positive</u>												
	TLC												
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Step 1: Introduction: Why is Praise Important?

- Ask training participants to tell you some negative words they were called as kids. Write those words down under the 'Negative' column.
- Then, ask participants to tell you some positive words they were called as a kid. Write them under the 'Positive' column.
- Ask:
 - How did hearing these positive words make you feel?
 - How did hearing these negative words make you feel?
 - When did you start hearing these negative words about yourself?
 - When people say negative things about us, we may internalize them and believe them true. We may carry those words with us and identify with them, limiting us and undermining our well-being.

Step 2: How to Praise

- Explain characteristics of effective praise.

- Praise becomes more valuable when it is **specific** rather than **general**. Effective praise describes a specific action, behavior, or contribution.
- Praise becomes more valuable when it is focused on **progress**, not **performance**.

- Introduce TLC praise. We have a simple formula to help you remember how to give effective praise:

Tell it: Describe the actions and words of participants.

Example: "Nahsteha, today you presented the programme to a large group even though you were nervous."

Label it: Give your interpretation of an underlying quality/adjective this represents.

Example: "This showed me that you are BRAVE because you did something even if it scared you a little."

Celebrate it: Explain why this is meaningful to you (and reinforce with any rituals or celebrations in your programme).

Example: "You reminded me that I could grow too if I'm willing to try new things. Thank you."

Step 3: Practice Praise

- Have training participants stand or sit in a circle. This will be your "praise circle."

- Have a flip chart with two big feet drawn in the middle.
- Call a participant into the middle of the circle and give them a real example of T.L.C.
- Have participants volunteer to praise one another by calling them up to stand in the big feet in the middle of the praise circle.
- Make sure that participants look at the person they are praising, speak directly to that person, and utilize T.L.C.
- At the end of the praise circle emphasizes how even though we are adults, praise still makes us feel good.
- Ask:
 - **How did it feel to give praise? How did it feel to receive praise?**

Step 4: Option to introduce a Growth Mindset if appropriate for your group

- See Reading on Growth Mindset and possibly provide handouts to participants.
- TLC can contribute to the Growth Mindset by:
 - **Giving praise can help build self-esteem among your participants.**
 - **Giving effective praise can do more than build self-esteem – by focusing on progress and contribution, praise can promote a growth mindset.**
 - **A growth mindset is a valuable perspective and life skill for learning.**
 - **TLC Praise is an easy-to-remember technique educators can use to give effective praise consistently.**

Step 5: Wrap-Up

- Review key messages, program commitment, and micromoves for the session.

Key messages

- * Participants will walk into MindSKILLZ with lists of words in their hearts, minds, and memories that define them.
- * While we cannot take the lists away, we can create a new perspective by adding to the positive side of the list.
- * TLC makes the positive list longer, so the negative one can fade into the background.

Program Commitment

- We commit to giving every participant in MindSKILLZ TLC praise at least once during the program. We are responsible for noticing the qualities and contributions of participants.

Micromoves

- Praise someone at home before the training ends. Notice how they react and ask them how it felt to receive praise from you.

SAMPLE