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## FACTS ABOUT 'CARING' IN THE COACH-ATHLETE RELATIONSHIP

### 1 ATHLETES NEED COACHES THAT CARE



Research suggests that caring within the coach-athlete relationship is crucial to the athletes physical and mental well-being. Proving that it is essential, valuable and yet potentially underappreciated and misunderstood.

### 2 CARING DEVELOPS TRUST

'Caring' coach-athlete relationships are vital to develop trust and help athletes to excel to their full potential.



### 3 CARING IS NOT THE SAME AS EMPATHY

Empathy is the ability to take the 'perspective of' and 'feel the emotions of' another person. Caring, in contrast, is a sustained emotional investment in an individual's well-being with a desire to take actions that will benefit that person, showing that caring is not the same as empathy, though the concepts are related.

### 4 LACK OF CARE HAS A NEGATIVE IMPACT

It is crucial for the athlete to be able to rely on and trust their coach, if the athlete experiences a lack of care and trust the impact is detrimental to the respect the coach possesses and, in turn, has a negative impact on the relationship.



### 5 'CARING' IN COACHING CAN BE DEVELOPED

The importance of including 'caring' in equestrian coach development is clear. Research suggests that caring, like communication, is not innate, and that although human beings are born with the capacity for caring and compassion, they can learn to deepen their capacity to improve both.





## TOP TIPS FOR COACHES:

**C**aring is an action, it's not enough to have just empathy

**A**ctions that demonstrate care include: Questioning, listening and taking time to get to know the athlete as a person as well as a performer.

**R**espect and trust grow from a caring coach-athlete relationship.

**I**nvolve outside professionals if you are concerned about athlete mental or physical well-being.

**N**otice the small signs that might give you clues to a bigger concern.

**G**o the extra mile. Athletes need to know you have their best interests at heart.