

# Coach Nudge#1

*We are in your coaching corner*





## Message from Mick and Amanda

*“How can you as a coach turn this negative time into a positive for yourself and the boxers you coach? It's time to reflect, learn, grow and develop. Stay strong, safe and healthy”*



Calm:

- <https://www.calm.com/blog/take-a-deep-breath>

Headspace:

- <https://www.headspace.com/covid-19>

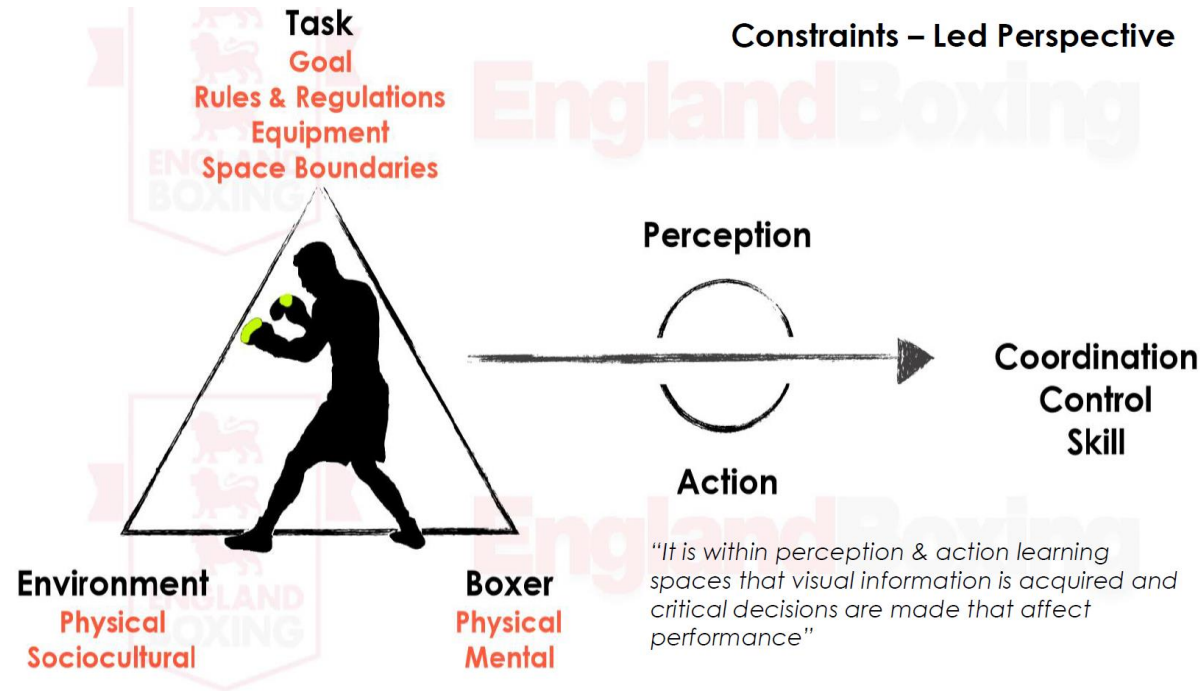


# Mindfulness

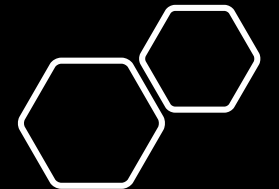
# “Begin with the end in mind”

- So what does this mean to you as a coach in relation to planning?
- What type of boxer are you trying to produce and why?
- What are your principles that underpin your coaching?





**Coaching Practice Insight**  
*How could you apply this to  
your coaching practice?*





Netflix  
Nudge

# THE LAST DANCE

MUHAMMAD ALI  
1942 — 2016

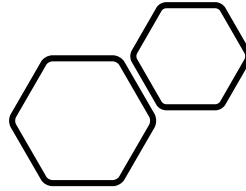
ME WE

WORLD'S SHORTEST POEM BY

*Muhammad Ali*



Stay connected with each other – aim to have a coaching conversation with another coach



- How would the boxers best describe you as a coach?
- Other than knowing your sport what else does it take to coach?

