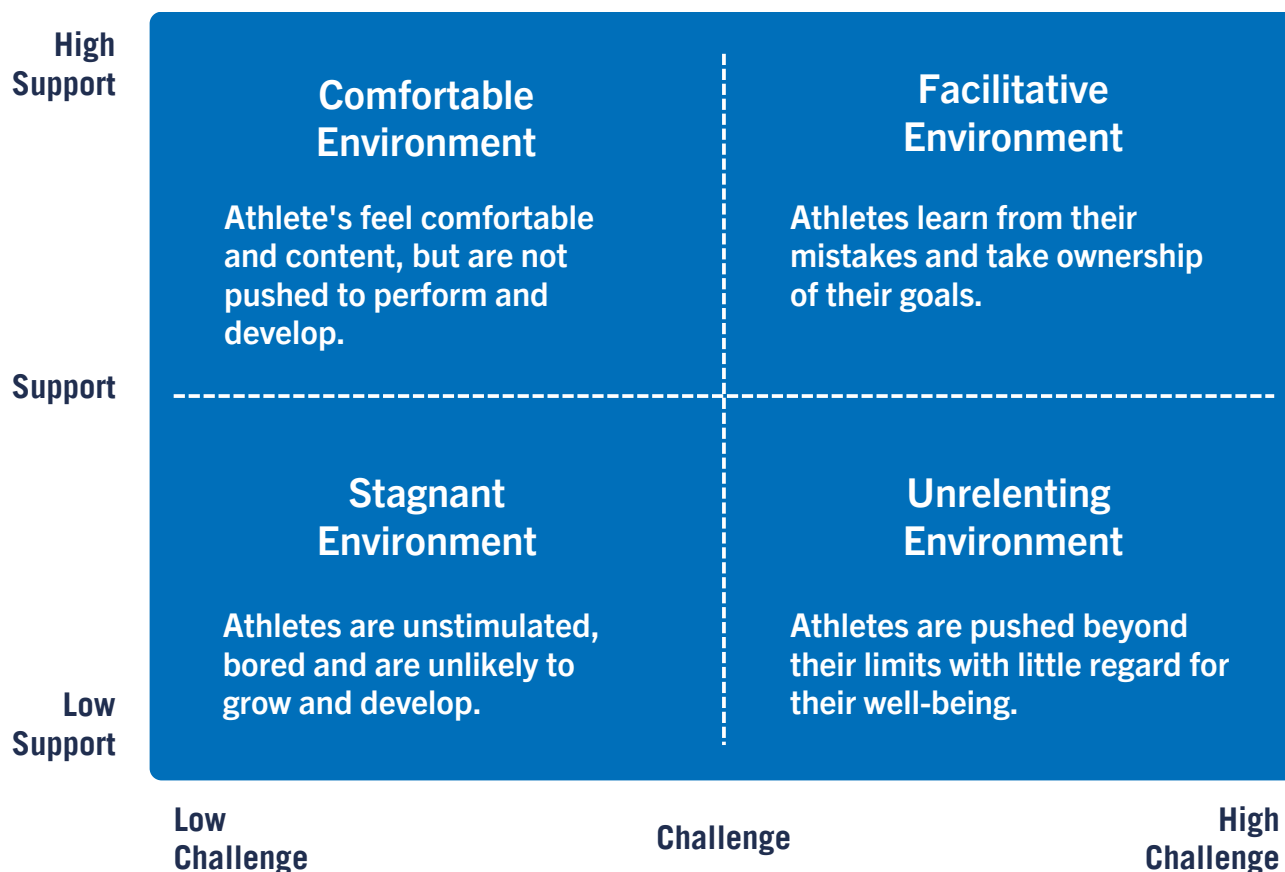


CHALLENGE-SUPPORT MATRIX

Use this worksheet to help your athlete develop resilience by understanding the four aspects of the resilience training framework.



The two key aspects of an athlete's environment as it relates to resilience are **challenge** and **support**. The balance and interaction between them are essential to creating an environment that truly supports resilience.

Challenge: The demands, expectations, or pressures placed on your athlete. It can include high standards, tough feedback, and lofty goals.

Support: The support that helps your athlete manage challenge. This includes emotional encouragement, coaching, structure, and psychological safety.



The optimal environment for resilience is a facilitative environment. Parents can create a facilitative environment by providing not only support but challenge too.

CREATE A FACILITATIVE ENVIRONMENT

Use the reflection questions below to consider how you can create an environment that supports your athlete's resilience.

1 How can you contribute to your athlete's environment?

What things are in your control?

Example: How you speak to your athlete or what behaviors you encourage.

2 How can you provide your athlete with challenges?

Brainstorm a few ideas.

Example: You can help them set or track their progress toward their goals.

3 How can you support your athlete?

Brainstorm a few ideas.

Example: You can provide emotional, tangible, or educational support.



Remember to consider your athlete's current environment and find opportunities to balance challenge and support.