

A background photograph of three people on a golf course. On the left, a young person in a white cap and dark jacket holds a golf club. In the center, a woman in a white visor and light-colored shirt holds a large silver trophy. On the right, a man in a white cap and dark vest stands with his hands on his hips. The background shows a green golf course and a sand trap.

PARENTING FOR OPTIMAL PERFORMANCE

SKILLFUL COMMUNICATION

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PILLARS FOR OPTIMAL PERFORMANCE

Emotion Management

Skillful Communication

Sustained Well-Being

Effective Boundaries

SOME REMINDERS!



**Teens are programmed
to seek autonomy...**

**YET it is almost impossible to
know how much to do or how
much to intervene**



**They are NOT mini-
adults...**

**YET are playing a game that
demands mature cognitive and
emotional regulation skills**

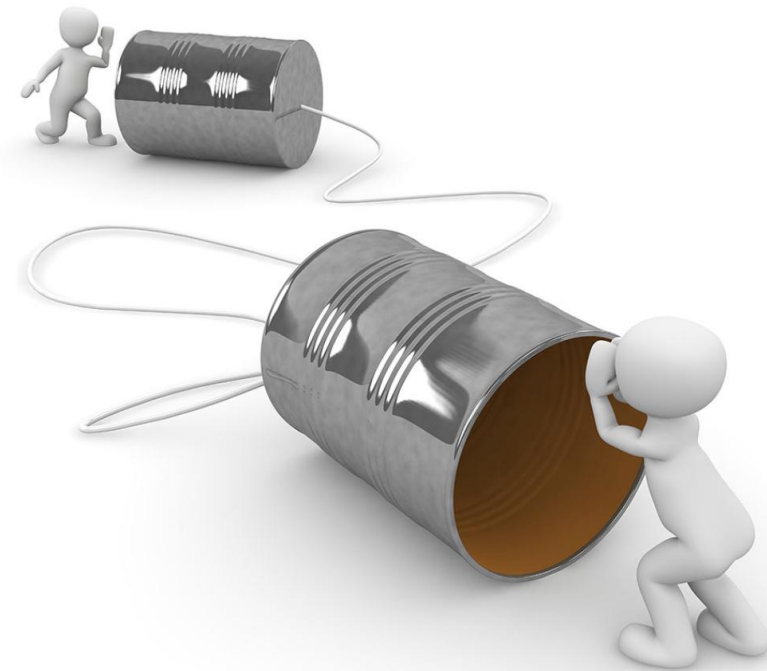


**You are their garbage
cans...**

**YET it is hard not to take it
personally**

- Giving and taking in information *and* emotions
- Verbal (words & tone), non-verbal, visual, written
- Warm, open, clear, respectful, active listening
- Leads to competence and confidence

SKILLFUL COMMUNICATION





DB



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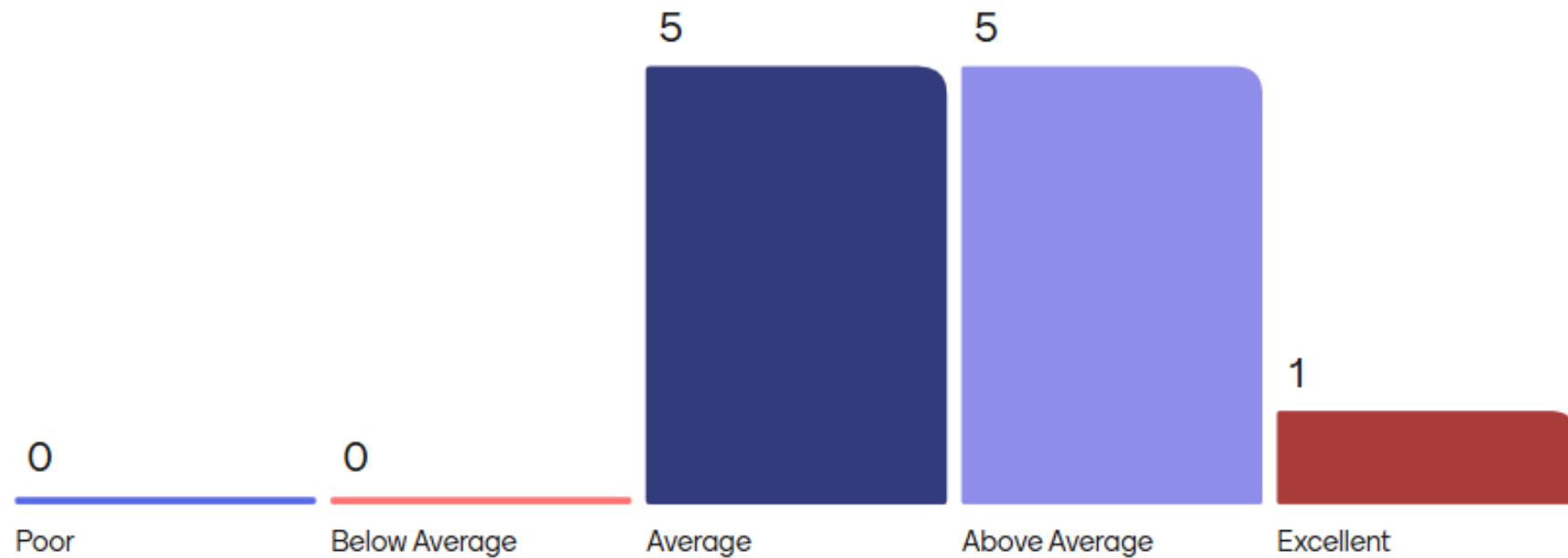
Mentimeter

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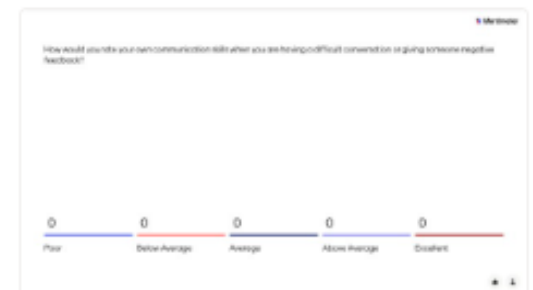
PFOP 2 Skillful Commun...



How would you rate your own communication skills generally?



Choose a slide to present



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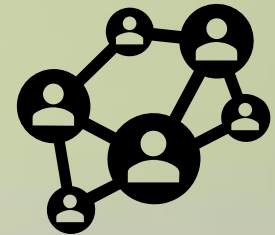
KEY ELEMENTS OF SKILLFUL COMMUNICATION



Listening



Speaking



Connecting



Emotion regulation





SKILLFUL COMMUNICATION: LISTENING

- Being a good listener is a *learned skill* that *takes energy*
- Active listening = listening to genuinely understand
 - Asking open-ended questions, reflecting back in your own words, offering signals that you are engaged
 - Opportunity to be what your athlete needs most
- Problem solving is not the same as listening!

TOOLKIT: LISTENING SKILLS

**Show genuine interest:
affirmations, eye contact,
no phone.**

**Don't interrupt, correct,
or rush them to finish.**

**Write the headline:
distill things to their
essence.**



SKILLFUL COMMUNICATION: SPEAKING

- Be INTENTIONAL
 - Watch your Timing, Tone, & Words
- Describe what you see
 - Be Curious & Authentic
- Fill their tanks at every opportunity
 - Shame is corrosive to self-esteem



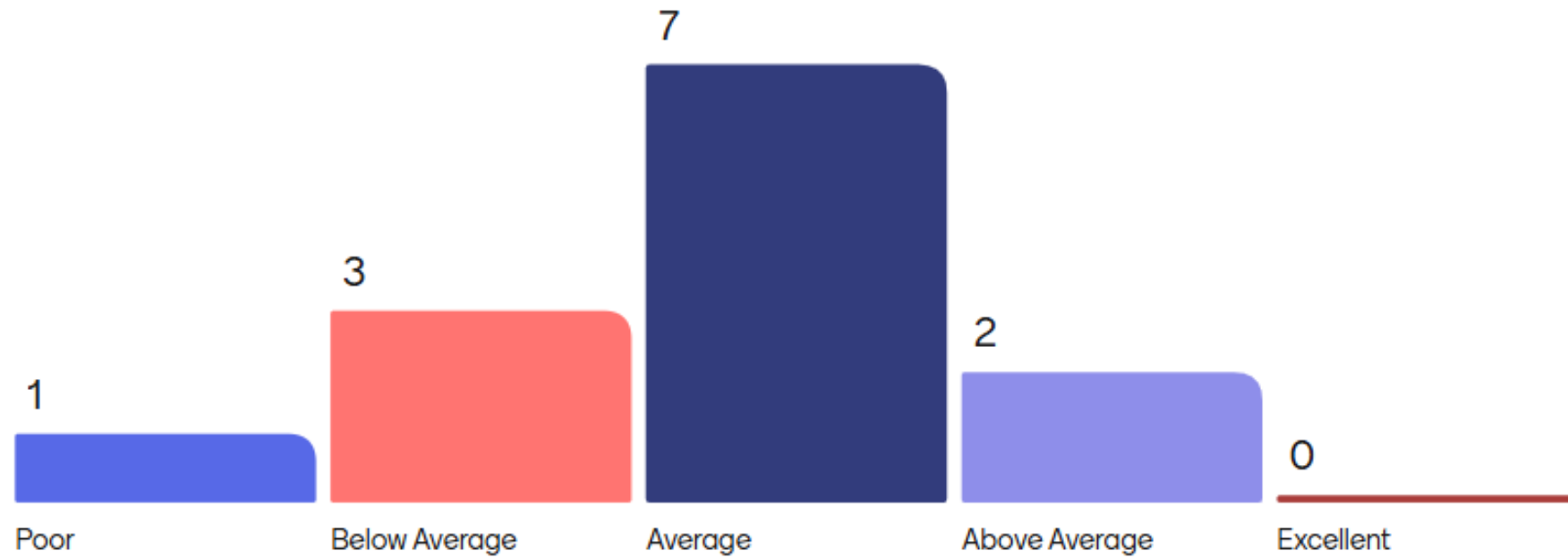
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Mentimeter

How would you rate your communication skills when having a difficult conversation with your athlete?



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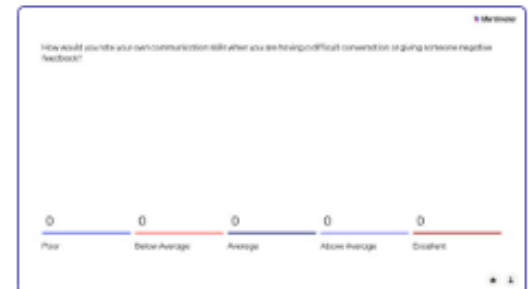


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PFOP 2 Skillful Commun...



Choose a slide to present



GIVING FEEDBACK



- Ask yourself 3 questions:
 - Is this feedback necessary?
 - It is necessary that this feedback comes from me?
 - Is it necessary that this feedback comes from me right now?
- Start with what you noticed they did well: “I loved it when you...”
- Be specific about what you observed

TOOLKIT: SPEAKING SKILLS

**Be Present.
Give your full attention.**

**Ask open ended
questions:
"What are your plans
after practice?"**

**Be Accountable:
Use "I" (not "You")
statements
No blaming
No "I'm just kidding."**



SKILLFUL COMMUNICATION: CONNECTING

- We all seek a place of significance
 - Remember your superpower!
- Attention and interest lead to connection
 - Find the delight in your teen's world
- Respect their autonomy...
 - And at the same time, be their compass





CONNECTING: BE AWARE OF YOUR NON-VERBALS

- Be an excellent Poker Player
 - We communicate with our body language, posture, facial expressions, eye contact
- Emotion regulation!
 - Breathe, don't leave
- Bring awareness to your own actions and responses
 - Communication Contagion: Your athlete will notice your reaction to a poor shot
 - What do your actions look like to your athlete?



WHEN YOUR ATHLETE DOESN'T ENGAGE



RECONSIDER

- Timing and the context
- Be aware of what is motivating YOU



NOTICE

- Narrate what you notice (“It looks like...”)
- Teens are often looking for relief, not advice



CULTIVATE

- Might not be as instant as you'd like
- Hang around without an agenda

“I’m fine.”

THE SHUTDOWN

“I know you pretty well, and it does not LOOK like you are fine. And it makes sense to me that you’re upset. I get that you might not want to unpack it right now and that’s okay, too. We can circle back, or not. Is there anything I can do right now that would be helpful?”



THE BLAME GAME

“It’s not
my fault.”

“I see how frustrated you are
and yes, it stinks. Let’s talk
later when things are less hot
about whether there is
anything to learn from here.”



TOOLKIT: CONNECTING SKILLS

**Be the calm, steady
presence your athlete
needs.**

**Texts, playlists, memes,
& video games are still
connecting.**

**Help your athlete
manage expectations;
praise the process; note
what they do well.**

KEY TAKEAWAYS

- Effective communication with your athlete **starts with your own effective emotional regulation.**
- Communication is a **learned performance skill.**
- Cultivating good communication skills leads to **improved connection, increased capacity for learning, and greater confidence...for both your athlete and for you**



THANK YOU!



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