

Tips on Staying Healthy as a Course Facilitator

Thanks in advance for: (1) adding your feedback/suggestions (2) circling your name (3) circulating to anyone not yet circled. Return to CF when completed.

1. Book Fridays off and go into work late on the Mondays of course weekends.
2. Stay observant.
3. Keep the "big picture" in mind. (Course Facilitation is a multiplication venture. Those coaches you train will in-turn train others. One course may end up significantly influencing a thousand lives.)
4. What makes you a great coach or pro will make you a great course conductor.
5. Bring water to the course and drink frequently – facilitating can be dehydrating!
6. Keep priorities straight: Tennis goes below important relationships (Spouse, Children, family, etc.) On your death bed, you won't be saying, "I wish I had worked more."
7. Don't take things personally – if some of the students don't "get it" – it doesn't mean you have failed.
8. Enjoy the process.
9. Adjust the rest of your schedule if necessary to stay fresh.
10. Scotch.
11. Remember to keep it fun.
12. Keep in mind you are a role model.
13. Have fun with your candidates especially when things go wrong.
14. Tell yourself and tell your students that they can do it.
15. Whenever you give feedback it must always be to instill confidence and self-esteem.
16. Spend extra time on certain modules based on participants needs (i.e., grips).
17. Identify quickly the character and permeability of the candidate. They are all different with strengths and weaknesses – promote, encourage and assist.
18. Be "prepared" to adapt the level of the task to the challenge of the level of the group.
19. Stay in a learning process to improve your tennis knowledge.
20. Go to see other facilitators.