

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK TWO: TEACHABLE SPIRIT

- One of the most important things about a Triple-Impact Competitor® is that he or she always tries to learn more and improve. We call that having a **“Teachable Spirit.”**
- If you have a Teachable Spirit, you are like a sponge. A sponge soaks up the liquid around it. If you are open to learning and improving, you’ll soak up a lot too!
- People often stop learning because they don’t want to look foolish when they try a new skill. But the really foolish person is the one who stops learning.
- WAG is a word that helps us remember to keep learning no matter what happens. **W is for Watch.** You can learn a lot just by watching carefully. If your teammates know how to do something, watch to see how they do it.
- **A is for Ask.** Many people are afraid to ask questions because they think it makes them look stupid. But the opposite is true. It’s smart to ask questions!
- **G is for Get coaching.** Ask if a coach or teammate will teach and coach you until you learn how to do something.
- I want to give us practice developing our Teachable Spirit, so all this week after practice I’m going to ask you what you learned that day.

Discussion Points

- **Why is it important for members of our team to have a Teachable Spirit?**
- **Do you ever feel foolish when you don’t know something? Are you willing to work on your Teachable Spirit and ask questions even if you do feel foolish?**
- **How do you think having a Teachable Spirit can help you in school or other areas of your life?**

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