Quiet Encouragement Agreement

Let honest encouragement reach the athlete.

Ask about ordinary feedback preferences and keep necessary communication clear instead of assigning a personality label.

Example: an athlete requests a quiet sentence after a station. The coach agrees to that method for ordinary praise and explains required group announcements.

01 Describe the moment

Record what happened without a diagnosis.

Action being acknowledged

Praise actually delivered

Athlete response observed

Appropriate time to ask

02 Hear the preference

Offer arrangements the program permits.

Athlete's stated preference

Permitted feedback options

Method agreed

Staff route for sharing agreement

Quiet Encouragement Agreement / Review & follow-through

03 Clarify the limit

Do not promise secret or unavailable channels.

Situations covered

Required communication to retain

Question for authorized adult

Adult responsible for follow-through

04 Check the next opportunity

Review the method, not a personality.

Feedback opportunity

Method actually used

Athlete's later comment

Agreement kept or revised