



EFFECTIVE COACH LEADERSHIP

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COACHING JOURNEY





THREE CORE VALUES:



INNOVATION



COMPASSION



POSITIVITY

INNOVATION

- Stay Curious and Keep Learning
- Think outside of the box
- Make changes to match each athlete and prioritize their unique needs



COMPASSION

- See the person first!
- Build Trust
- Recognize the small wins



POSITIVITY

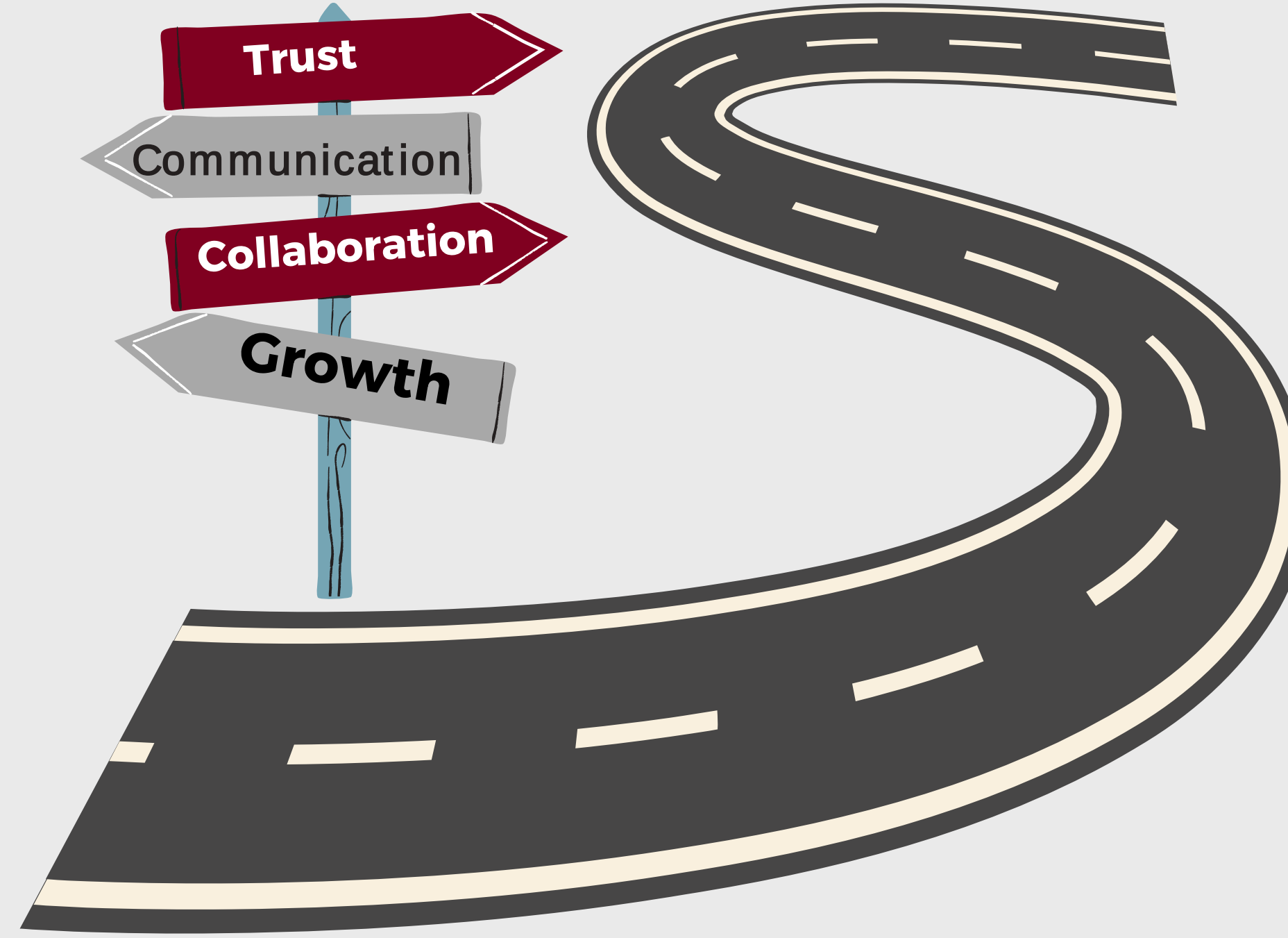
- Inspire Belief During Setbacks
- Create Energy
- Lead with Optimism

Reflection:

How can I teach my swimmers to stay positive?



BUILDING AN INCLUSIVE PARA PROGRAM



The Joy of Coaching



2017



Adversity
Problem - Solving
Progress



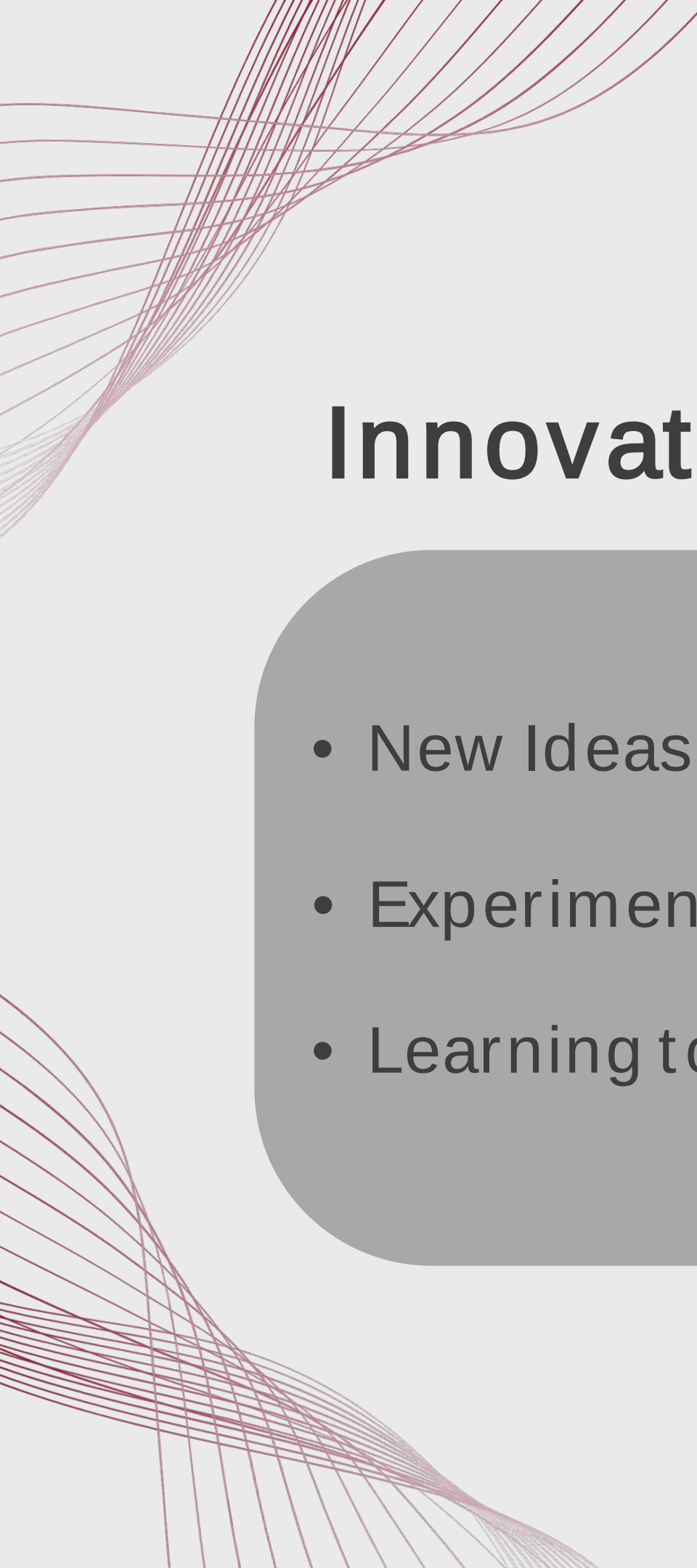
2024

What Full Integration Looks Like...



“One team one lane”

Mutual Respect + Belonging + Empathy



Balance Matters...

Innovation

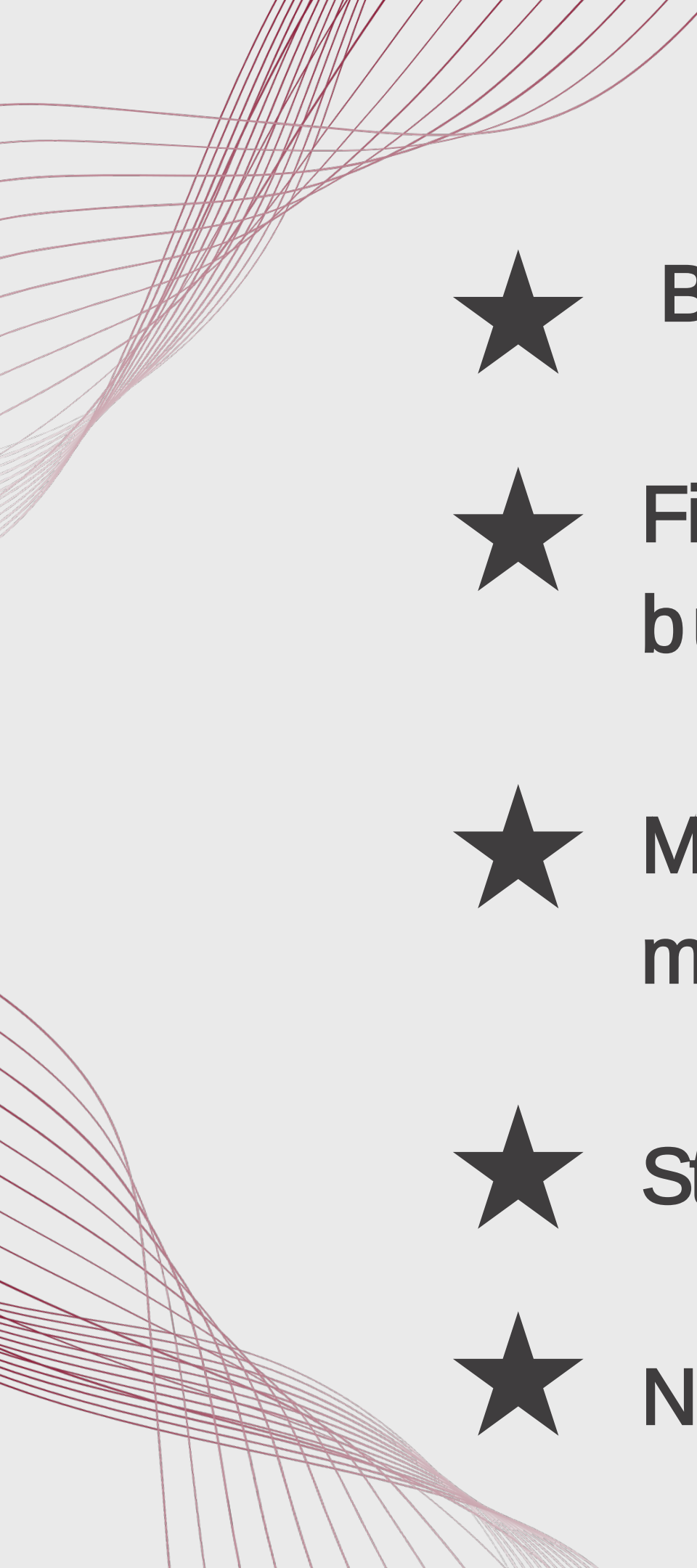
- New Ideas
- Experiment
- Learning together

Compassion

- Understanding
- Supportive
- Listening

Positivity

- Optimism
- Inspiration
- Encouragement



My Challenge to You

- ★ Be innovative in your coaching
- ★ Find new ways to teach a skill, motivate an athlete, or build a team culture
- ★ Meet your athletes with compassion and see them as more than just swimmers
- ★ Stay positive when plans need to change
- ★ Never stop learning

Never Under-Estimate Your Impact

Then



Now