

VIDEO 1 WORKSHEET

MENTOR AUDIT

Most of us coach the way we were coached. Pick three or four mentors who shaped how you coach. For each one, write down how they taught you, what they taught you, and whether their approach came from a place of trust or a place of fear. Write honestly rather than tidily, because this page is for you and nobody else.

MENTOR 1

1 How they taught you

2 What they taught you

3 Trust or fear?

MENTOR 2

1 How they taught you

2 What they taught you

3 Trust or fear?

MENTOR 3

1 How they taught you

2 What they taught you

3 Trust or fear?
