



We would like to start off our *At Home* series with a few top resources for coaches from the Communication pillar from the Genuine and Honest Feedback competency. The first is Katie Yezzi's (co-author of *Practice Perfect: 42 Rules for Getting Better at Getting Better*) recorded presentation from the 2019 National Symposium. The second resource is an episode on criticism and feedback from Adam Grant's podcast, *Worklife*.

We would also like to introduce the Coach Self-Assessment Form as a tool to rate yourself on your strengths and areas of needed development. The Coach Self-Assessment Form can also be completed by athletes to give a coach a more well-rounded review of their abilities.

### **Communication > Genuine and Honest Feedback**

Katie Yezzi's video presentation from the 2019 National Symposium on [Making the Most of Feedback](#).

Adam Grant's podcast, [Worklife: How to Love Criticism](#)

### **Coach Competencies > Coach Self-Assessment Form**

Rate Yourself with the [Coach Self-Assessment Form](#)