

# CONVERSATION STARTERS

*@Beyond-the-Grind*

## GOALS AND ASPIRATIONS

"What are some specific skills you'd like to improve this season, and how can I (and the team) best support you in reaching those goals?"

## MOTIVATION AND ENJOYMENT

"What do you like most about playing our sport, and what makes being on this particular team enjoyable for you?"

## WELLBEING AND BALANCE

"What is most stressful for you right now—is it school, your sport, balancing everything, or something else—and how are you feeling about your mental health in general?"

## LEARNING STYLE

"What kind of coaching or feedback do you feel you respond to best, and what's made you successful in the past when learning new things?"

For more details and updates about these events, please  
visit our website or follow us on social media  
[www.beyond-the-grind.com](http://www.beyond-the-grind.com)