

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK THREE: EMOTIONAL TANK

- A Triple-Impact Competitor® does not think just about himself or herself. They are always looking for ways to make their team better. A big way to make other people better is to fill their Emotional Tanks.
- An E-Tank is like the gas tank in a car. You can't drive very far with an empty tank and you can't play your best with an empty E-Tank. So if we have a team of players who fill each other's E-Tanks, we're going to play better than if we go around draining each other's Tanks.
- Some of the ways we fill E-Tanks include
 - ✓ Recognizing a great effort or accomplishment by a teammate.
 - ✓ Saying thanks when someone does something to help you or the team.
 - ✓ Supporting teammates who make mistakes and encouraging them to recover quickly to get ready for the next play.
 - ✓ Non-verbals such as high-fives, fist-bumps, pats on the back and smiles and eye contact with teammates.
- Learning to be a Tank-Filler rather than someone who goes around putting people down will make you a better person as well as a better teammate.
- The first few times you say something to fill someone's Tank, it may feel uncomfortable. But remember we talked about having a Teachable Spirit? If you have a Teachable Spirit, you stick with something – even if it makes you feel uncomfortable – until you master it.
- As coaches we're going to fill your Tanks as much as we can because we know that will make you a stronger team. But if we are going to be as great as we can be, it will take all of you filling each other's Tanks as well.

Discussion Points

This week I want you to look for ways to fill the E-Tanks of your teammates. Find a partner and talk about how you get your Tank filled.

- **What ideas did you come up with for filling Tanks?**

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