

## How to Use CKC Coaching Sheets

**Purpose:** To provide content for Team Leaders to lead a “Coaching Moment,” in which they train their own team members on specific topics of relevance to their club.

- A “Coaching Moment” is led by the Team Leader.
- A “Coaching Moment” is designed to be a 10-15 minute team training session held immediately after Kids Club. A leader may also utilize Coaching Sheets for team meetings outside of club or any training session in which all team members are present.
- CKC Coaching Sheets provide topic-specific training material for the “Coaching Moment.” Some Coaching Sheets are designed to be delivered in an informational format, others are a conversational-style problem solving discussion.
- Each Coaching Sheet topic includes a handout for team members and a separate guide for Leader’s Notes.
- There is no specific order of use, nor are teams expected to utilize every coaching sheet available in the course of a school year. They are meant to be an optional resource for team leaders to train their team members whenever they would like outside of official CKC workshop or training events.
- If you are interested in training content on a specific topic that is not available in the Coaching Sheet folder, please let a Crossroads Team Member know (You may send suggestions via email to [katie@crossroadskidsclub.com](mailto:katie@crossroadskidsclub.com)). Our goal is to continue creating more practical content that is relevant to our teams’ needs. We welcome your feedback!