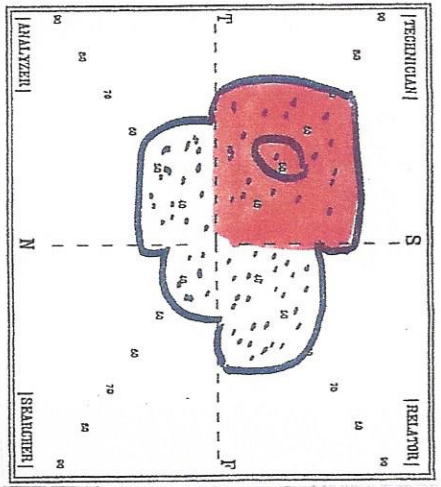


A Picture is Worth 1000 Words: S.T.A.R. Coaching Style Inventory Profiles of SUPER BOWL COACHES and NCAA BCS BOWL COACHES:

PICTURE YOUR STYLE:
 S.T.A.R. represents the 4 basic styles of coaching and learning: SEARCHER, TECHNICIAN, ANALYZER and RELATOR. All four functions are inherent in each of us. Yet, because of environmental, familial, cultural and biological influences we develop a preference for one or two styles. As an aid or mental picture of thinking about style: Picture an amoeba on a grid. The amoeba has a nucleus and jelly-like protoplasm that is essentially changing in size and shape. The nucleus can be compared to our dominant style or natural preference and the protoplasm represents the other less preferred styles. When we operate in our dominant style, we are most comfortable and adept. We have a considerable amount of life's energy in this position. When we are asked to operate outside of our dominant style we have to flex or compensate; although the behavior might not be as natural and we will not feel as comfortable or in control. We all possess the ability to operate in each of the 4 natural and we will not feel as comfortable or in control. In all four styles, but not with equal facility. We cannot change our dominant preferences but we can consciously develop our abilities in the other functions. In order to compensate for that which does not come naturally. Pictured is a graphic which can serve as an aid in visualizing your preferred coaching style, suggesting areas of strengths and weaknesses, assets and liabilities. For further discussion and explanation visit: <https://coachad.com/articles/coach-do-you-know-yourself/>



Coach: Do You Know Yourself?

"A picture is Worth 1000 Words."

Pictured is a graphic of 8 coaches that have completed Sports Psychology and Counseling's *Coaching Style Inventory (CSI)*.

Developed by Dr. Benjamin Leibowitz and his staff, The S.T.A.R. CSI, is a 60 item self-diagnostic tool, designed for coaches to assess and identify their preferred coaching behaviors. It is an integral part of the *S.T.A.R. Power Training Program* which was designed to help coaches *Get the MOST Out of Their Team's Performance*. The S.T.A.R. Coaching Style is part of every coach and every athletes repertoire. There is no one best style of coaching or learning. Each style has its assets and liabilities. Flexing your style to meet the needs of a particular situation or of an individual athlete, are obviously the best style.

Visit www.coachpsych.net for a complete list of participating coaches.

