MENTAL GRIT | UTAH SWIMMING

OFFICIAL MENTAL PERFORMANCE PARTNER

AFTER A HARD RACE · PERFORMANCE PARENTS

Their Side First

When they come out of the water upset, your first job is to understand what it was like for them. Do these three in order. Help lands after they feel heard.

1 · GET CURIOUS

"Tell me more about that."

"What was that like for you?"

"What's going on in your head about it?"

2 · VALIDATE THE HARD THING

"You're doing a stupid hard thing, kid."

"That sounds really frustrating." · *"Of course it stings."*

Validate the experience, not the verdict. Not *"No you're not, you're amazing!"*: that tells them what they feel is wrong.

3 · THEN ASK

"What do you need from me right now?"

or

"What are the next steps, in your opinion?"

Then give them that. Food, sleep or quiet is a real answer, and "nothing" means nothing.

WHEN IT LANDS WRONG ANYWAY

"Help me understand... How did you receive what I just said?"

Then tell them what you meant. Thirty seconds closes the gap before it hardens into something they repeat to themselves.

Their perspective is their reality.

Curious first. Validate second. Then ask what they need. The voice is theirs to own; your part is hearing their side first.