

“Stop Saying That!” (from *The Princess Bride*)

Time: 20 minutes; 5 minutes of practice coaching session with 5-minute discussion following, then switch roles and repeat

Materials Needed:

- Coaching scenarios located on the back of this card. Choose 2 scenarios for each pair of coaches
- But, I, Should, and Other stick pack – 1 for each pair of coaches

Directions:

- Coaches divide into pairs, decide who is Coach 1 and who is Coach 2, **agree to rise above being offended**
 - Coach 1 picks up the sticks, Coach 2 reads the coaching scenario, then verbalizes a coaching session (just do what you normally do, or what you think a good coach does) trying not to use the words I, should, but, or any other word that would limit connection or credibility. Coach 1 engages in conversation (answers questions, etc.) with Coach 2 and holds up the matching stick of Coach 2 says but, should, I, or a word that doesn't work for Coach 1. Coach 1 could take data on how often the ineffective words are used (or not used).
 - Coaches discuss the results and brainstorm how to improve word choice if needed
 - Coaches repeat the process with Coach 1 reading the scenario and verbalizing a coaching session, and Coach 2 holding up the sticks
- Modification Idea:** Use a coaching/teaching video or a script and analyze it together. Hold up sticks as appropriate and discuss how the coach/teacher could improve

QUALITY COMMUNICATOR

- **Summary:** Choose a scenario, then coach a partner through the situation for 3-5 minutes **without using the words but, should, I, or any other words that might limit connections or credibility; discuss results for 5 minutes.**
- **Objective:** Coaches will become aware of their tendencies to use ineffective language and will brainstorm with a partner how to improve word choice.

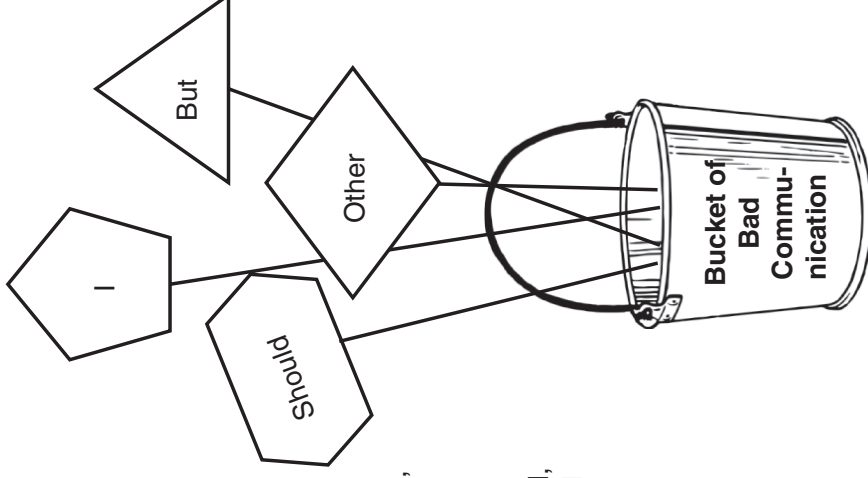


Image from Pixabay.com