

IWLGA



Intercollegiate Women's Lacrosse Coaches Association

PHILOSOPHY & VALUES

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WARM UP!

- **What is it about Coaching as a profession, that draws you in?**
- **What do you see as important roles coaches can play or impact they can have?**

Select a charm that represents

- What Draws You In?
- Important Coach Roles & Impact
- Why?



BREAKOUT # 1

- **Share your name, school & current role (e.g., SA, GA, Recent Grad)**
- **What Charm did you select & Why?**

TODAY'S INTENT

This workshop will help you:

- **Explore what Values are & where they come from.**
- **Consider your own values and explore how they will be foundational to your philosophy**
- **Establish why a coaching philosophy is important**
- **Begin to frame your own philosophy**



YOUR VALUES & BELIEFS

Homework - Philosophy & Values

- ✓ **Complete the Assessment in your Workbook (page 9-10)**
- ✓ **Which 5 matter most in your coaching?**
- ✓ **How will you exhibit those in your coaching decisions/behaviors?**



Values Assessment

WHAT ARE VALUES?

Values ...

- **A person's principles or standards of behavior; one's judgment of what is important in life.**
- **Individual beliefs that motivate people to act one way or another**
- **A guide for human behavior**
- **Ideals that a group or an individual hold and are essential for determining what is desirable or undesirable to them**

WHAT ARE VALUES?

3 Components of a Value

- Cognitive
- Emotional
- Behavioral

Values are distinguishable from feelings, attitudes, goals, opinions, beliefs, habits and other value indicators - so important and pervasive that they include thoughts, feelings, & behaviors.

Select 3 of Your Top 5 Values.

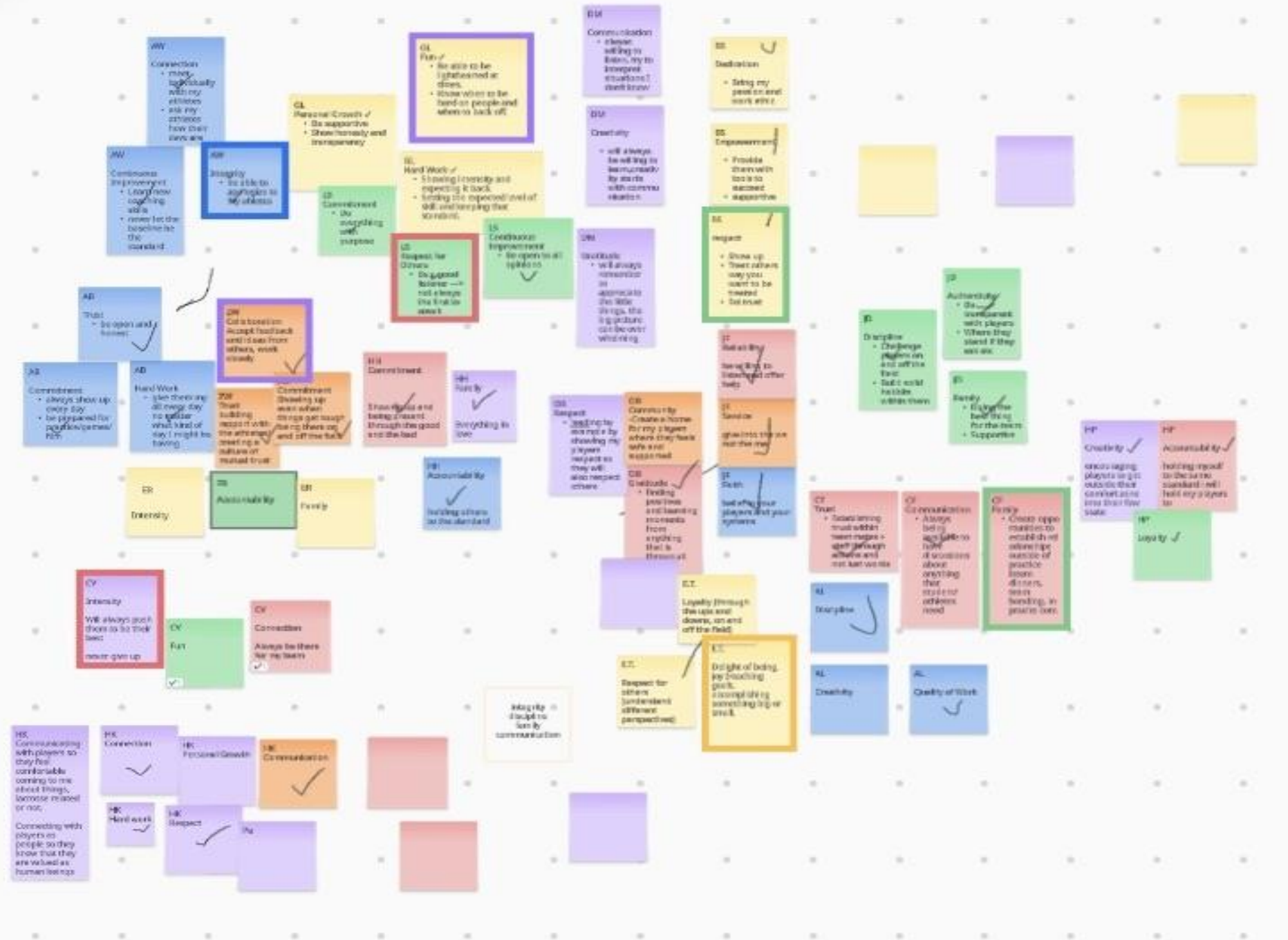
**Share them using the Whiteboard
feature.**

One sticky note per value.

Identify they are yours with your initials.



Whiteboard



HOW ARE VALUES FORMED?

INCULCATION

- **Values are instilled in us by people who have importance and impact on our lives.**
- **Inculcation works best when there is complete consistency about what constitutes “desirable” values.**
- **Often a dichotomy between theory and practice - espoused values may not always be reflected in behaviors.**
- **Inculcation often has a greater impact on what people say more than what they actually do.**

MODELING

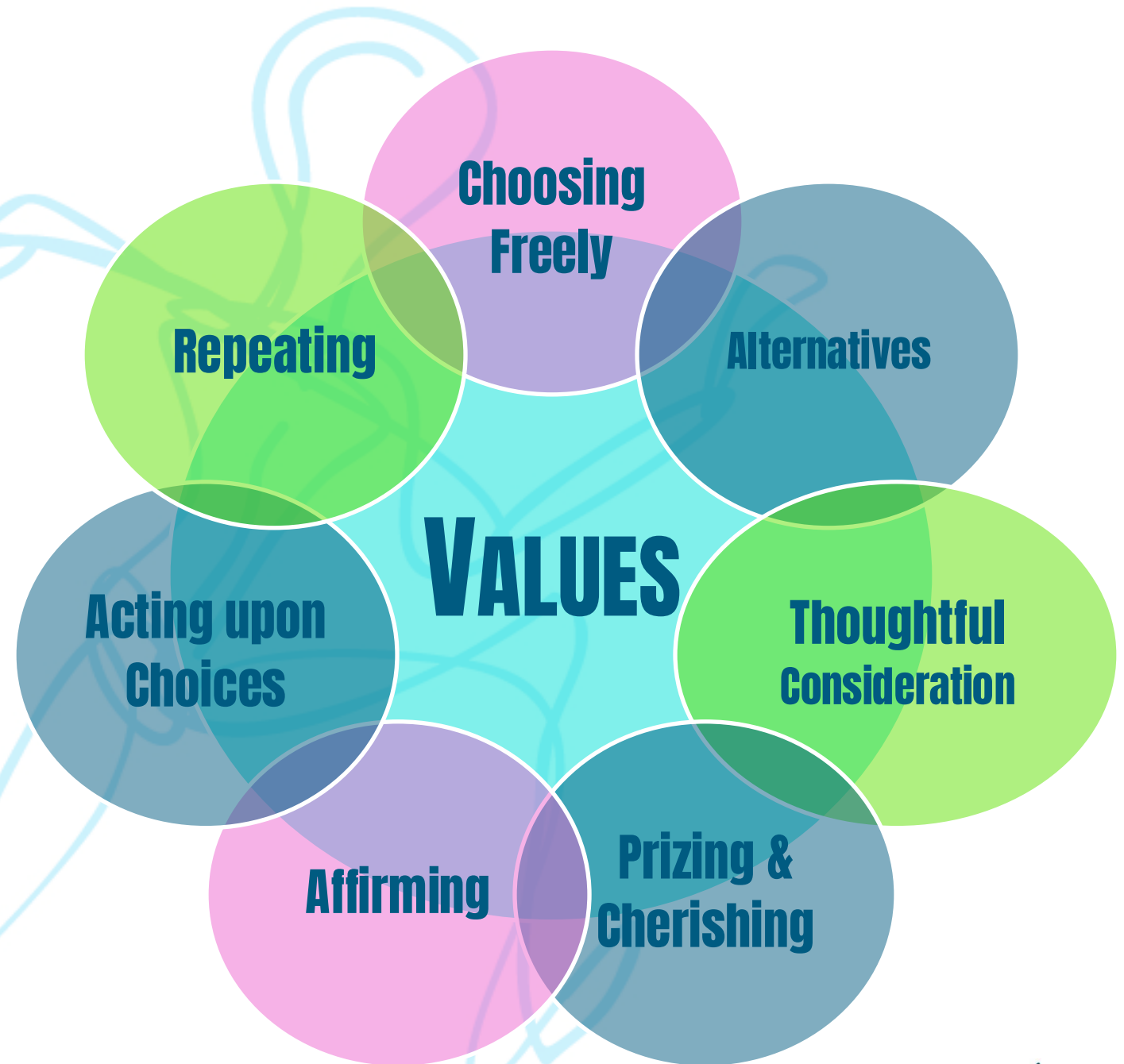
- **Others adopt and emulate values by what they see in others.**
- **Presents a vivid example of values in action.**
- **Often difficult because of the many conflicting values expressed by people in one's life.**
- **How do people tell a superficially attractive model from the model with true wisdom, morality and happiness?**

A value is an outcome of a process that requires

Raths, Harmin, and Simon (1966, 1978)

Think about your 5 Values:

- Do they meet each of these requirements to be a value?
- Put a star next to those you are sure of and a “?” next to those you need to revisit?



**Return to your Values from
the whiteboard.**

**Feel free to add/ edit or
remove values.**



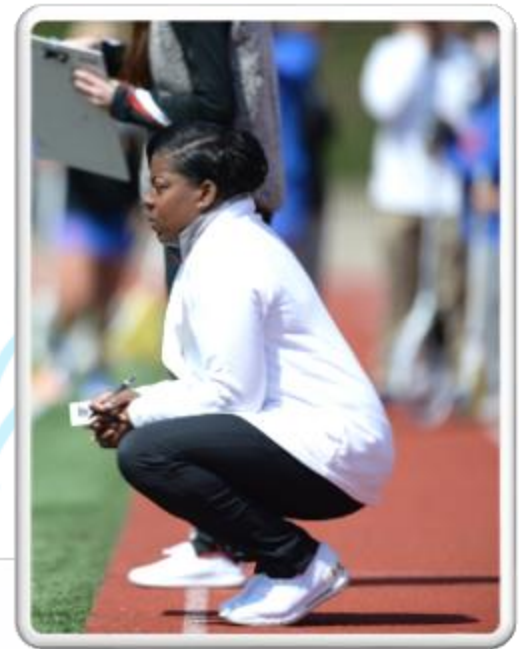


YOUR COACHING BEHAVIORS

Your Coaching Behaviors

Your values will show up in your coaching every day through the behaviors you choose to use. Identify:

- **2 things you will always do**
- **1 things you won't do, ever, under almost any circumstances**



Return to your Values from the whiteboard.

Pick the value most important to you. Jot down which behaviors you will choose to use or avoid that are consistent with that value.

Be prepared to share why!

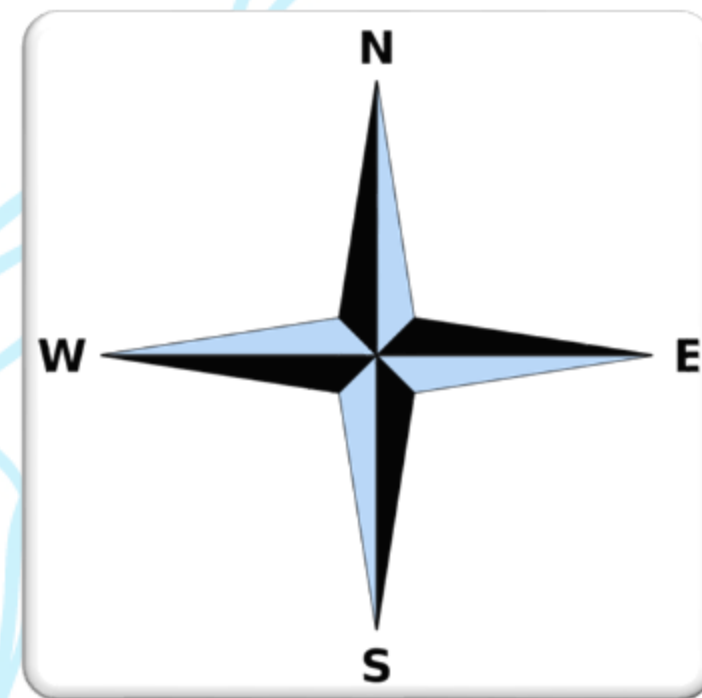




Next Steps Creating your Philosophy Statement

WHAT IS A COACHING PHILOSOPHY?

- It challenges you to answer the question “*Why do I coach?*”
- It is a set of values and beliefs which determine why you do what you do and how you behave within the context of your coaching role
- It is uniquely yours and can't be Googled...well
- It is not a one-and-done but evolves as you evolve and as your situation shifts





Creating Your Own Philosophy

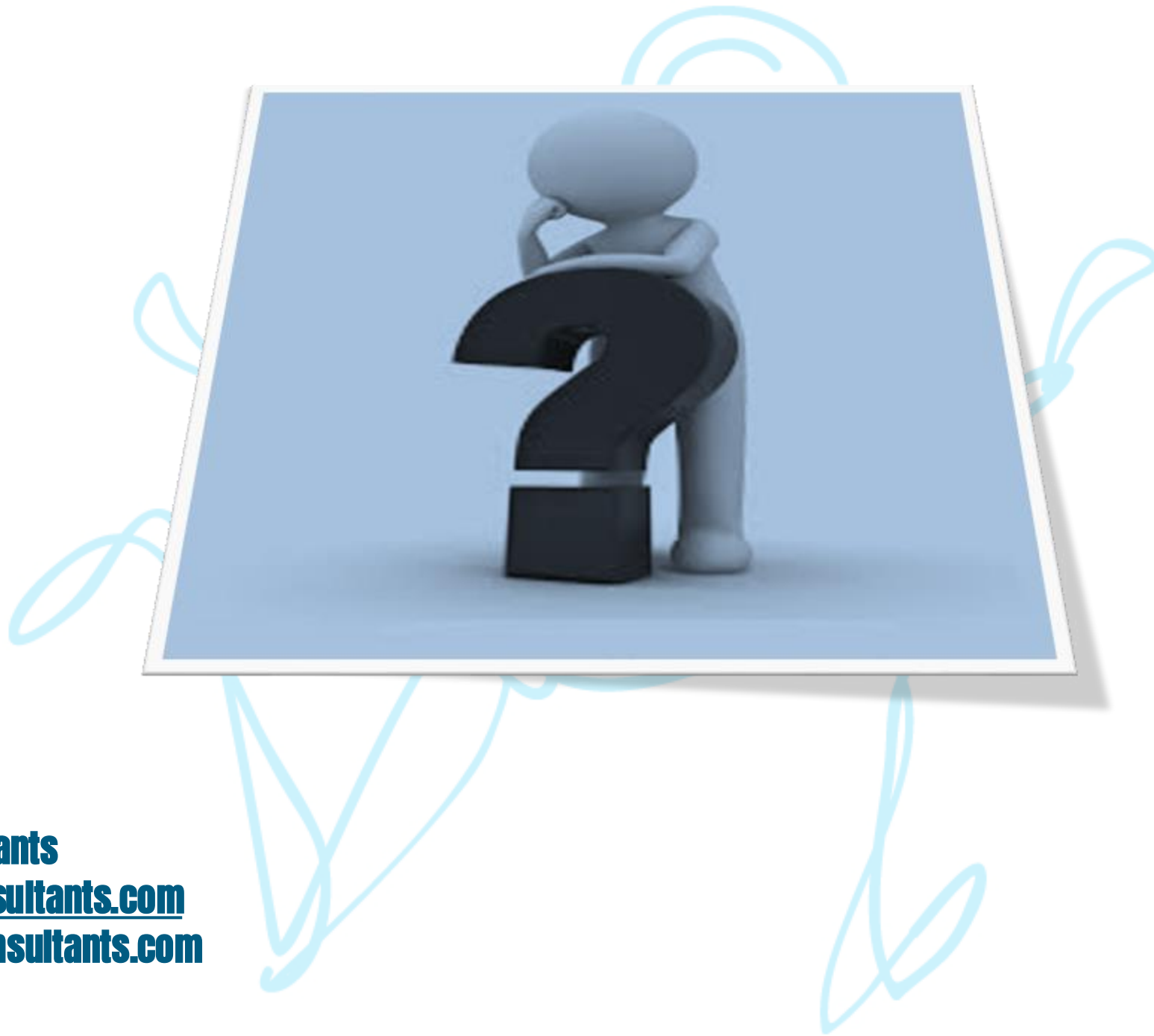


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IWL Coaching Symposium
2025 - Philosophy and
Values

Course · 5 Lessons

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