ELM Tree of Mastery (Positive Coaching Alliance- www.positivecoach.org)

Effort (to give **YOUR** best effort at all times)
Learning (always keep an open mind and absorb as much as you can)
Mistakes are OK (this is a big part of skill development)
**Children who are coached with this in mind tend to have reduced anxiety and increased self-confidence, because they focus on things they can control. As a result, they are more likely to have fun and perform better.
We will tell your child it is **OK to make a mistake
We will tell them we appreciate **THEIR best effort even if they fall short of their desired result.
In order to "MASTER" something, it is going to take "Hard Work". It's going to take a continuous, consistent application of the ELM Tree concept. Continue to give their best **EFFORT. **LEARN** why they made a mistake in the first place and **LEARN** how to correct the mistake. Following this cycle will allow the **MISTAKES** to lessen and the Mastery of the skill to begin to take place.

Simple phrases used by coaches and parents that can help instill confidence in a child:

"You can do it." "We're rooting for you."
"You are awesome." "You've done it before, you can do it again."
"I'm so proud of how far along you've develop."
"I LOVE TO WATCH YOU PLAY."

**Keep watering your ELM Tree! As a tree is watered and provided the proper sunlight and nutrients, it will grow.

Your ELM Tree is YOU! Keep providing YOUR best **EFFORT**, become a lifelong **LEARN**er, and understand that **MISTAKES** will happen. Don't get discouraged; mistakes are part of your ELM Tree's growth and development!