

SQUIRREL ATHLETES

AMY SUITER COACHING

Tips for Parents and Coaches:

- Be Patient and Supportive: Recognize that Squirrels may take longer to make decisions or feel confident. Avoid rushing them and offer understanding.
- Provide Clear Options: Simplify choices to help them decide without feeling overwhelmed.
- Encourage Confidence: Reinforce their strengths and highlight their progress to build self-belief.
- Minimize Pressure: Avoid creating high-pressure situations.
- Be Positive and Encouraging: Focus on their potential and progress, helping them rebuild confidence after setbacks.

Who Are Squirrel Athletes?

Squirrel athletes are cautious, hesitant competitors who often struggle with confidence and decision-making. Their confidence feels fragile and is heavily influenced by external factors such as outcomes, feedback, and approval. They tend to overthink, avoid commitment, and seek reassurance, which can lead to indecision and a lack of follow-through. While they may appear uncertain, their hesitancy often stems from a fear of making mistakes or choosing the wrong path.

Key Traits

Strengths:
Thoughtful, analytical, and detail-oriented.

Challenges:
Indecisiveness, fear of failure, and reliance on external validation.

What Do Squirrels Need Most

- Reassurance and Encouragement: They thrive on positive reinforcement and consistent reminders of their abilities.
- Clear Guidance: Squirrels benefit from structured plans and simple, well-defined options to minimize overwhelm.
- Safe Spaces for Growth: They need environments that allow them to make mistakes without fear of judgment, helping them build confidence over time.