

CAT ATHLETES

AMY SUITER COACHING

Tips for Parents and Coaches:

- Respect Their Space: Let them engage on their own terms and feel in control of their interactions.
- Be Clear and Concise: Use simple, direct communication to maintain their focus and avoid overwhelm.
- Engage When They're Receptive: Look for moments when they're focused and build on that momentum.
- Encourage Self-Awareness: Highlight their strengths and guide them to use these to grow and improve.
- Be Patient and Positive: Give them time to process and respond, and don't take their aloofness personally.

Who Are Cat Athletes?

Cat Athletes are independent, self-focused competitors who are building confidence but still rely on some external reinforcement to support their growth. While they are driven internally, their confidence is not yet fully stable, and they may appear aloof or distracted at times. However, this is often because their independent nature drives their focus toward areas they deem most important at the time. Cats value their personal space and prefer to engage on their own terms, prioritizing their own needs and interests over collaboration.

Key Traits

Strengths:
Independent, self-aware, selective, and introspective.

Challenges:
Can seem disengaged, distracted, or aloof, and may struggle with consistent focus.

What Do Cats Need Most

- Respect for Their Independence: Cats thrive when given the space to explore their own path and make decisions at their own pace.
- Clear and Concise Communication: They benefit from straightforward guidance that aligns with their self-driven nature.
- Opportunities to Build Focus: Cats need encouragement to stay present and engaged, especially when their focus shifts to other areas they prioritize.