

LION ATHLETES

AMY SUITER COACHING

Tips for Parents and Coaches:

- Acknowledge their contributions and show respect for their role.
- Communicate with confidence and clarity—Lion athletes respond best to those who match their self-assured demeanor.
- Guide them forward after mistakes with clear, solution-oriented steps, and maintain their dignity.

Who Are Lion Athletes?

Lion athletes are bold, confident competitors who thrive in high-pressure situations. They are driven by an internal desire to perform at their best and lead by example. Lions don't demand significance because they lack self-esteem—they demand it because they've earned it. They take pride in stepping up in big moments and setting the standard for excellence through their actions.

Key Traits

Strengths:
Competitive, self-assured, courageous, and decisive.

Challenges:
Can become frustrated if their significance isn't acknowledged or if they feel a lack of respect for their role.

What Do Lions Need Most

Significance and Respect:
They thrive on recognition for their importance and achievements.

Clear and Direct Communication:
They prefer straightforward, no-fluff instructions—just the facts.

Value for Time:
Their time is precious, so interactions should be short, efficient, and focused.