



# BEING

## MY COACHING PHILOSOPHY



DEH GÁH GOT'ÎÊ



# THOR

STEN (HE/HIM)

GERMANY - NIGERIA - GERMANY -  
BELGIUM - EUROPE - CANADA -  
INDIA - NORTHWEST TERRITORIES



# SPORTS

SOCCER - TENNIS - HANDBALL -  
TABLE TENNIS

# COACHING

TABLE TENNIS - TENNIS - SOCCER -  
ARCHERY - HOCKEY - RINGETTE -  
BASKETBALL - BADMINTON







#THATSWHY

WHY

THORSTEN GOHL

Creating opportunities & possibilities for our youth to become the best version of themselves.





# VISION & MISSION

## Vision 1.1

Providing anyone involved with positive and meaningful experiences, fostering personal growth and development of essential skills and values through sports, **empowering** them to become the best version of themselves.

## Mission 1.1

Deeply understand the strengths and weaknesses of the athlete/coach, to promote and sustain their motivation, and to create opportunities and possibilities through sport. By leveraging this understanding and motivation, aim to **empower** them to reach their full potential and achieve success in their endeavours. A holistic approach explore the interconnected facets of mind, body and spirit.



# VALUES

Balance, caring, commitment, competence, continuous learning, courage, creativity, efficiency, positivity, excellence, future generations, generosity, health, humour, initiative, integrity, leadership, listening skills, openness, resilience

LEARNED & BORN WITH

initiative  
creativity  
commitment  
excellence  
health  
generosity  
resilience  
positivity  
competence  
humour

# VALUES

Balance, caring, commitment, competence, continuous learning, courage, creativity, efficiency, positivity, excellence, future generations, generosity, health, humour, initiative, integrity, leadership, listening skills, openness, resilience

CONTINUE TO LEARN

initiative  
creativity  
commitment  
excellence  
health  
generosity  
resilience  
positivity  
competence  
humour



# COMPETENCIES



## Problem-solving

Mixed Abilities  
Remote Communities  
Virtual Learning

*#borngerman #computerscientist*



## Valuing

Mentorship  
Teach the human

*#mentorship #aboriginalcoaching*



## Critical thinking

Impact  
Long Term

*#german*



## Leading

Opportunities & Possibilities  
Where is the box? Box who?  
Collective vs. Leadership

*#communityofpractice*



## Interacting

Coming together  
Teaching & Learning

*#weareallteamnt*



# BELIEVING

"You just never know, who in the crowd, standing beside you in line or passing you in the street, might be raised in spirit, or even lifted from despair, by the kindness in your glance or the comfort of your smile." - The Universe





