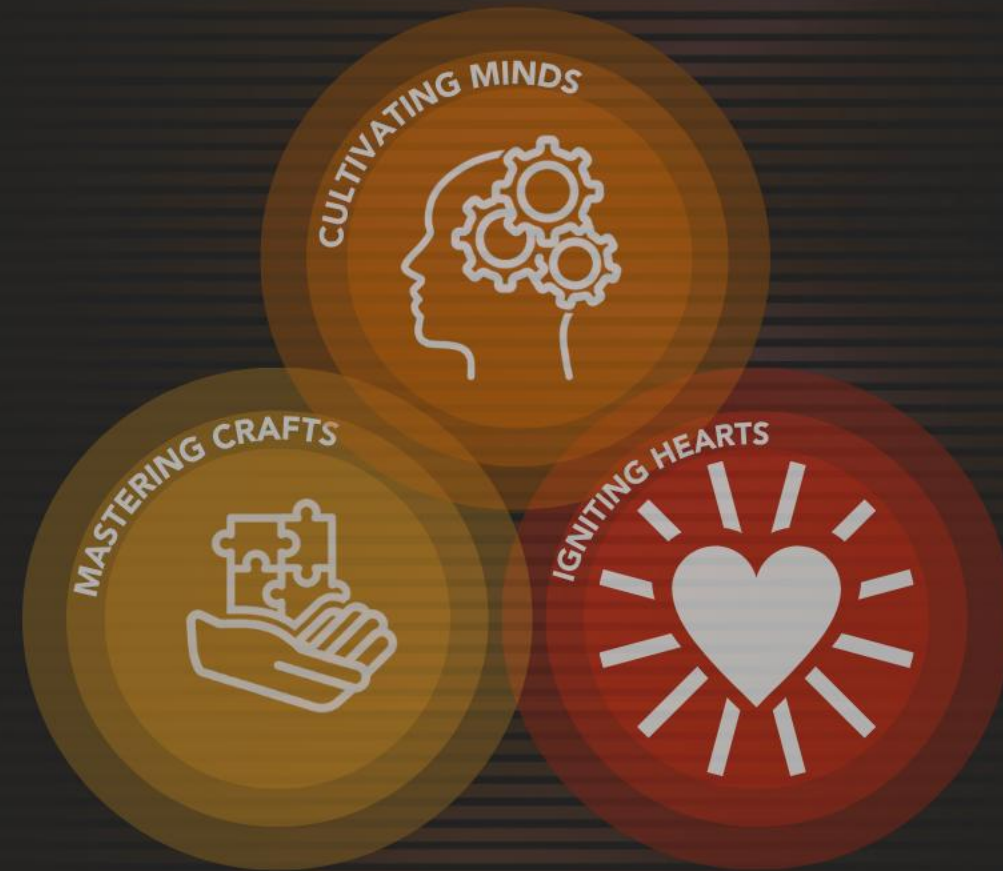


Joscelin Yeo

Igniting Hearts





Strong teams don't
start with strategy –
they start with
connection.



Relationship-centred coaching

- Having a strong, trusting and supportive relationship between coach and athlete as central to athletic development
- Coaching the person in a holistic way as opposed to just the skill



Key features

- Closeness: emotional and personal connection
- Commitment: unwavering dedication to sustain the relationship
- Complementarity: interdependency and cooperation
- Co-orientation: shared perceptions and understanding of the relationship.

Igniting Hearts

COACHSG CONFERENCE 2025:

COACHING THE NEXT LEAP



Coach to
Athlete



Coach To Athlete



Know the person behind the athletic prowess



Build trust so that they can trust the process



Provide perspective when they get stuck on short-term results



Instill belief when they forget



One step beyond...

TEAM CULTURE

Creating positive relationships amongst the team

Igniting Hearts

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COACHING THE NEXT LEAP



Coach to
Athlete

Athlete to
Athlete



Athlete To Athlete



Sometimes empathy has to be taught



Even the strongest, fastest and toughest need encouragement



Even athletes in individual sports train in a team



Be observant and proactive



Another step beyond...

TEAM CULTURE

Creating collaborative behaviour within the team in a competitive space

Igniting Hearts

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COACHING THE NEXT LEAP



Coach to
Athlete

Athlete to
Athlete

Daily Training
Environment



Daily Training Environment



Iron sharpens iron



Build a habit of being collaborative while being competitive



Create a culture of belief and not blame



Create a purpose that is bigger than themselves



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