

robin quek  
coachrobinquek@gmail.com

#### Taka & Donna Rowing Team

The new team have common identity, goals and objectives however they have some struggle on the role and need to improve on their cohesiveness.

the coach has to speak to them separately to:

Encourage Taka to improve on leadership and communication skill if she really want to stay in the leading role

Encourage Donna to support Kata and work as a team if she want to win and be a leader in future.

Task : to improve on the team cohesiveness

1. Creating a vision statement
2. Conduct team building game
3. social outing
4. simulation training
5. help Kata to cope with her anxiety and to build up her self-confidence and her communication skill. techniques including Imagery, self-talk, mental rehearsal & role play.