



## Barriers Activity

### Review the conversations related to the potential barriers for:

- Communication
- Low or lacking confidence
- Assumptions about career interests

For each scenario, what are some ideas you have that can help you overcome these challenges while coaching youth?

#### Scenario #1:

Coach: Hey Rueben, I wanted to touch base on how things are going with your supervisor. Were you able to hop on a call with them and is it going well?

Rueben: Kind of. It's hard to get my point across in the Zoom call. Sometimes I feel like I'm misunderstood, or they don't really listen to me.

Coach: Hm I see. Do you feel like it's an issue with how you're presenting your ideas or more about how they're responding?

Rueben: Maybe a bit of both.

#### Scenario #2:

Coach: Hey Josiah, I noticed you've been a bit quieter in team meetings lately. How's the project going for you?

Josiah: It's been tough. I feel like everyone else knows what they're doing, and I'm just trying to keep up. I don't want to say something wrong.

#### Scenario #3:

Coach: Hey Jamie, how's everything going? I wanted to check in and see how you're finding the work so far.

Jamie: It's going okay, but honestly, I'm not as excited as I thought I'd be. I always thought marketing was my thing. I didn't know there would be a lot of data and strategy. I feel like I'm not using the skills I'm passionate about.