Strategies for Allies

The ABC method

**ASK QUESTIONS**

How are you doing?
What do you need to be happy in your job?
What do you need to keep you happy?
What do you need to be successful?
What would help you be successful?
What is top of mind right now?
What are your concerns?
What are issues that I can help you with?
How can I better support you?
What are your goals this year?
What professional development opportunities do you need/want?

**BELIEVE WOMEN**

when they share with you ways to make them feel more valued and supported.

**CHANGE**

your behavior and commit to championing women.

Information taken from Athletic Administration Best Practices of Recruitment, Hiring and Retention of Female Collegiate Coaches (LaVoi & Wasend, 2018)

To access the Game On: Women Can Coach films and toolkit, visit:

z.umn.edu/GameOnToolkit

#SHECANCOACH