



TYPE TWO - THE HELPER

Warm, Caring, Giving. Twos feel it is their life mission to help those around them. Because they are positive and people oriented, Twos will support the best interest of the team while making sure everyone feels unique and valued. Twos relate to others easily and find it simple to make friends. They are typically enthusiastic and fun-loving with a good sense of humor. They have a need to be needed but find it difficult to ask for help.

Twos pride combined with giving others the power to influence their perceived image can significantly affect the performance of their game. Twos can often become stubborn and develop unconscious strategies that slow down the progress in both their technical and mental performance, making it difficult for them to be decisive.

Here are tips for success in coaching and developing a Two to their full potential:

If your player is a Two:

- Twos have highly developed interpersonal skills they do very well in positions that highlight the team's success as much as their own.
- Twos want your approval. Frequently express appreciation for their work and be specific.
- Ask them how individuals in your team are doing because they know and will tell you.
- Never harshly criticize or publicly embarrass a Two as they are crushed by disapproval and criticism.
- Encourage a Two to make mistakes as they can tend to avoid highly visible roles because of the possibility of embarrassment.
- Twos strive to be recognized and valued for their warmth, friendliness, and expertise.
- They struggle taking on too much and learning how to say no, resentments can develop if this is not addressed.
- Twos love getting compliments like, "I couldn't have done it without you."
- Helping their team achieve success is gratifying and makes them feel important. It also spares the risk of failure.
- Twos are highly responsive to approval and encouragement.
- Twos can act coy, precocious, or dramatic in order to get attention.

If your Coach is a Two:

- They are good listeners; they are warm and encouraging (or suffer guilt if they aren't)
- Don't take their kindness for granted...ever
- If they get frustrated, let them vent and let them do it without judgment.
- They often wonder: "Am I doing it right?" "Am I giving enough?"

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"If your child can't play, you shouldn't have to pay"