

A BEYOND HER GAME FRAMEWORK

Beyond the Game: The Family Conversation Guide

Four ongoing conversations that help your daughter build an identity as strong as her game.

Sports eventually end. Identity shouldn't. Most athletes spend years developing skills, but very little time developing confidence, purpose, relationships, leadership, and a sense of who they are beyond the scoreboard. That's where you — as her parent — become the most influential coach she'll ever have.

These four conversations aren't one-time talks. They're threads to keep pulling throughout her athletic years — in the car, at dinner, after a hard loss, or during a quiet moment when nothing “big” is happening at all. Use one at a time, and revisit them often.

1**Who are you outside of your sport?**

Why it matters: Helps her begin separating her identity from her performance, so her sense of self doesn't rise and fall with the scoreboard.

Ask this week: “If I described you to someone who'd never seen you play, what would I say?”

Example: A player who reads two books a week, who's quick to laugh, who takes care of her little brother.

2**What strengths do you have that aren't measured on the scoreboard?**

Why it matters: Widens her definition of “good at something” beyond stats, wins, and playing time.

Ask this week: “What's something you're great at that has nothing to do with points or stats?”

Example: Patience with teammates who are struggling, staying calm under pressure, noticing when someone's left out.

3**Who are you becoming as a leader?**

Why it matters: Plants the idea that leadership is a daily practice — not a title given to captains — and that it's something she's building right now.

Ask this week: “What's one way you led — on or off the field — this week?”

Example: Encouraging a teammate after a mistake, speaking up in a group project, including someone new.

4

How will your sport prepare you for life — not define your life?

Why it matters: Reframes sport as a training ground for skills that outlast the game: discipline, resilience, teamwork, and handling pressure.

Ask this week: “What’s something sports has taught you that you’ll use even after you stop playing?”

Example: Learning to bounce back from a bad performance, showing up on time, working toward a goal daily.

How to Use This Guide

Pick one conversation per week or per month — whatever fits your family’s rhythm. There’s no need to force a sit-down talk. The best version of these conversations often happens in the car after practice, when the pressure is off and she’s more likely to open up.

*One day the uniform will come off and the scoreboard will stop mattering.
The identity you help her build now is what stays with her for life.*

From Beyond Her Game

If this resonated with you, Beyond Her Game helps athletes and families navigate everything beyond competition — identity, confidence, leadership, and life after sports. Book a free Discovery Call to talk through what this could look like for your family: beyondhergame.com