

Cautious Introverts

Loyal / Careful / Self-reliant

Why Cautious Introverts take part

↑ More important

Because they have to

To lose weight

↓ Less important

To feel good

To improve performance

To relax/unwind

What stops Cautious Introverts taking part

I don't want to go on my own.

I wouldn't be fit enough

Help the to enjoy and feel good about themselves

Cautious Introverts don't expect to enjoy sport and turn up for rational reasons like getting fit and keeping healthy but they **want to spend time on things they enjoy.**

- ✓ Talk about the benefits and feel-good factor.
- ✓ Encourage the activity as a stress reliever and opportunity to relax.
- ✓ Find out why they are there and use language that supports that when you talk to them. E.g. if they are there to feel fitter, talk to them about the small changes they'll notice.

Recognise and reward taking part

This group need **continued support to build confidence** and appreciate encouragement from coaches, buddies, mentors, family, friends or peers.

- ✓ Encourage groups members to support each other during group activities
- ✓ Group like-minded beginners together for moral support.

This group aren't aspiring to achieve specific milestones so **setting goals is less important.**

- ✓ Recognise commitment – 'it's great to see you again, how was your week?'

I would [take part] alone somewhere private so that I wouldn't have to worry about people thinking I wasn't very good, even though they're probably not thinking that anyway. Stella, 21

Let them feel in control

This group want to stay in control and have a level of autonomy in what they do. Let them **go at their own pace** and **take part on their own terms.**

- ✓ Use group work where they pick what they are practising so they can develop at their own pace.
- ✓ Build in time for going back and recapping activities.

Don't penalise them for taking breaks, they don't like being forced to be involved but are concerned about being left behind if they take a break.

- ✓ Have lots of choice of activity at the same time and give the group options to rotate or swap in and out.

Also, by having people to encourage you, I probably wouldn't give up or stop doing the activity as when it got boring or hard, you'd have people to encourage you and get you through it. Nisha, 19

Provide a relaxed, casual environment with no hint of pressure

Get to know them outside of sport and physical activity and build a friendly, familiar environment. Taking time to chat will help them relax.

What they do in their free time



Open up new opportunities as they develop long-term

Self-improvement is an area of interest to them generally. Over time, if their confidence develops, try keeping them involved by introducing opportunities like volunteering, qualifications or committee roles.

- ✓ Ask them to act as buddies to new participants.
- ✓ Give them the confidence to lead warm-ups.
- ✓ When they want a break from participating encourage them to coach or officiate alongside you.