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How to Bake Diversity, Equity and Inclusion into Your Program

The 10k Training Approach

For My Friend:

1. Partner - Have a why?
2. Set an ongoing goal - I will do this no matter what - 1 lap
3. Reward - Do something big
4. Set new goal - 2 laps, 2 miles another way, cross train
5. Set related fun goals - in SD run to end and back - don't know how far it is - a visual/symbolic goal
6. Do more than what is needed
7. Keep training but listen to your body
 - a. Figure out what it takes to keep it going
 - b. Do what it takes to keep it going

Steps:

1. The Why
2. Identify a Partner
3. Resource Needs
4. Rewards
5. Partner Check-in
6. Goal Setting
7. Feedback
8. Rewards
9. Partner Check-in
10. Goal Setting
11. Ongoing Assessment
12. Ongoing Rewards
13. Identify Markers for Re-Activation
 - a. How to identify
 - i. What to Look For
 - ii. Who to Look For