High PERFORMING Coaching
Loretta Williams

BRITISH ROWING
LOCKDOWN WEBINARS
High Performing Coaching
High Performing Coaching

What does my environment look like now?

At the heart of coaching lies the idea of empowering people by facilitating self-directed learning, personal growth and improved performance.

‘Excellence in Coaching’, Frank Bresser & Carol Wilson, 2006
The consistent application of integrated professional, interpersonal, and intrapersonal knowledge to improve athletes’ competence, confidence, connection, and character in specific coaching contexts (Côté and Gilbert, 2009, p.316).
High Performing Coaching
Hannah Vines Rowing Manager Eton College

What is your reason “WHY”?
Advanced Coach
How does UKCC Level 4 work?

UKCC Level 4

- UKCC L3 and other development programmes/qualifications
- Governing Body support programme
- Application Process
- Masters and PhD study of coaching

Post Graduate Diploma
L4

Support Programme

360 Reviews
Field based visit
Mentor support
Reflective log
Final panel interview

Your own community of coaching practice (Equestrian and Rowing)
Post Graduate Diploma in Professional Practice in Sports Coaching

UNIVERSITY OF GLOUCESTERSHIRE
at CHELTENHAM and GLOUCESTER
Transformational Coaching
First Hand Experience

What do the PGDip and Masters students say...

Tim Morris is here to give you his insight into the Pedagogy module
Sarah Harris will share her thoughts from Professional Development
Hannah Vines will delve into the Work Based Project and Independent Project (Msc Year 3)
# Professional Practice in Sports Coaching

<table>
<thead>
<tr>
<th>Module Title</th>
<th>YEAR 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP7531 Coach Pedagogy</td>
<td></td>
<td>*</td>
</tr>
<tr>
<td>SP7530 Personal and Professional</td>
<td></td>
<td>*</td>
</tr>
<tr>
<td>Development</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SP7529 Expert Coach in Context</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>SP7518 Work Based Project</td>
<td></td>
<td>*</td>
</tr>
</tbody>
</table>
Finding out more

PG Dip Information

Paul Garner
Will Roberts

Discussion Thursday:
Link
Further Information

Handouts

Link to Talking Heads Video and Discussion Opportunity
Module descriptors
L4 Experience – in the coaches own words
Recommended Reading

L4 Coaches recommend

Nonlinear Pedagogy in Skill Acquisition by Chow; Davids; Button & Renshaw.
Tim says: “It’s a real page turner!”

Rachel’s ‘go to’ was Sports Coaching: A Reference Guide for Students, Coaches and Competitors; Anita Navin.
“It was a useful starting point for most of my assignments as it signposted me to lots of other stuff as well”.

Sarah says “It gives a good introduction to a variety of leadership theories and how to apply them.”
Next Steps

Is it the right step for me?
  Do I need to develop other skills first?
  Do I need to do a Level 3 before I start?

How do I apply?
  Expression of Interest to: Loretta.williams@britishrowing.org
  Complete Application Form by 10th July 2020
  Discussions with Programme Personnel w/c 20th July 2020

What are the costs?
  £4300 over two years
Thank you for listening.