



## Appetiser



### OVERVIEW

Coaching is an incredibly rewarding part of our sport, but it can sometimes feel isolating when you're making difficult decisions and trying to keep everyone happy. We know that coaches find chatting to other coaches really valuable, and it is very important for their mental wellbeing as well. When we launched the Coaching Stream early in 2023, one of the three core areas of coach development is 'Connect'. Coaches develop when they work with others to share, problem solve and belong to a community beyond just their own club. And that's why we're launching the Coach Café initiative, to encourage coaches to...



One way to do this is for coaches to meet up in a relaxed and social environment where they can share challenges and find solutions.



## Sharing Boards



### RUNNING A COACH CAFE

Setting up a Coach Café is pretty simple, and anyone can organise one (you don't need to be a coach!) All you need is...

- 1** a date
- 2** a time
- 3** a venue
- 4** and to open your café for bookings!

And that's where British Rowing can help. By filling in this simple form we can help promote your Coach Café whether it's on a Sunday afternoon in the Club bar, or between divisions of a head race by the refreshment tent. The more opportunities we can coordinate for coaches to meet up, the stronger and more successful our coaching community will become.

## Main course



### COACH CAFE FORMAT

One thing a Coach Café is not is a technical workshop. It's easy to get drawn into discussing the technicalities of the sport when coaches are together, but a Coach Café should be informal and have no real agenda. You'll have a feel for what's going on in your area, and might just want it to be a simple social occasion. Or it could be an opportunity to pick a theme to chat about and find some solutions. Some ideas to consider include:

Share ideas and good practice.



Equipment sharing or composite crews.



A Q&A with a coach who might have an area of expertise.



Offer some training before or after the café such as first aid or safeguarding.



Invite a member of British Rowing staff to facilitate some of the discussion



A focus on adaptive or recreational rowing.



## Dessert



### LOGISTICS & BUDGET

British Rowing will help you to promote your Coach Café alongside your Regional Rowing Council, and we can have a dedicated booking link in our calendar where coaches can book to attend. Simply fill in the form and we'll do the rest.

There is no budget associated with the Coach Café, but we suggest if you host one, you may wish to either ask for a small donation on arrival, or charge for refreshments. It's a great reason for your club to put their baking skills to work!



## Sides & Extras



### NEXT STEPS

If you're interested in hosting a Coach Café and have everything in place just complete the booking form. If you'd like to discuss it in a bit more detail please get in touch at [education@britishrowing.org](mailto:education@britishrowing.org) and we'll be more than happy to help. In recognition for hosting a Coach Café we will make sure you are thanked during our annual Coaching Week. Our coaches are so important to our sport and we want them to know we care!