



BRITISH ROWING

# High PERFORMING Coaching

Loretta Williams

BRITISH ROWING  
**LOCKDOWN** WEBINARS



IN ASSOCIATION WITH

THE POWER TO KNOW.



BRITISHROWING

# High Performing Coaching



TEAMWORK | OPEN TO ALL | COMMITMENT

# High Performing Coaching

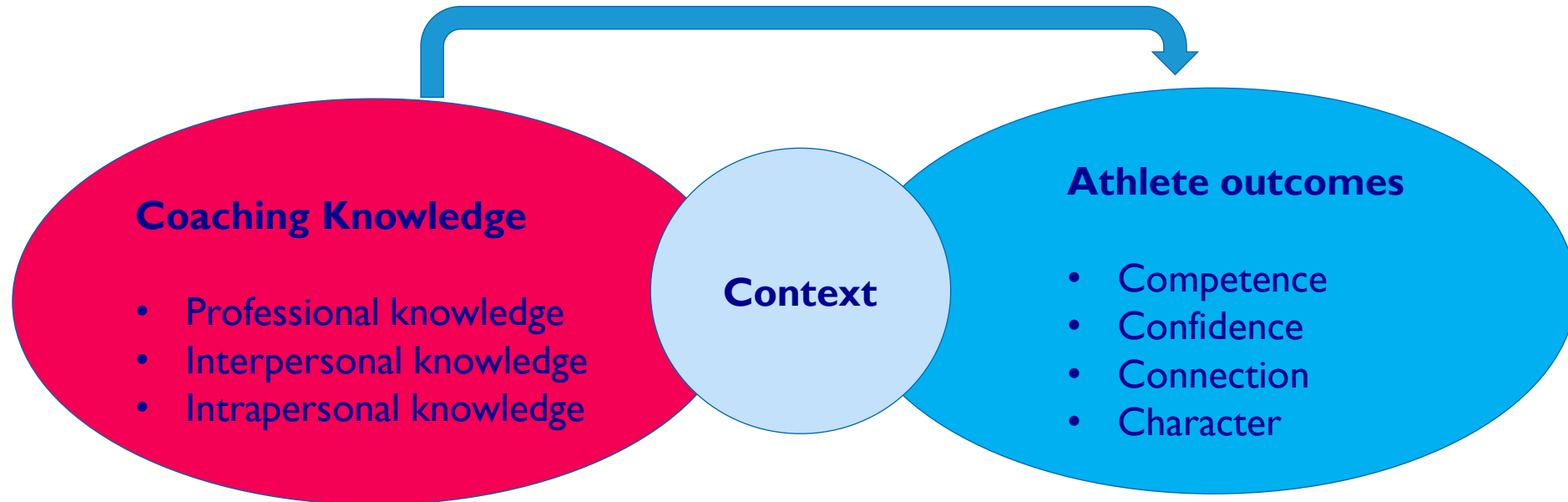
## What does my environment look like now?

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**

# Definition for coaching effectiveness and expertise

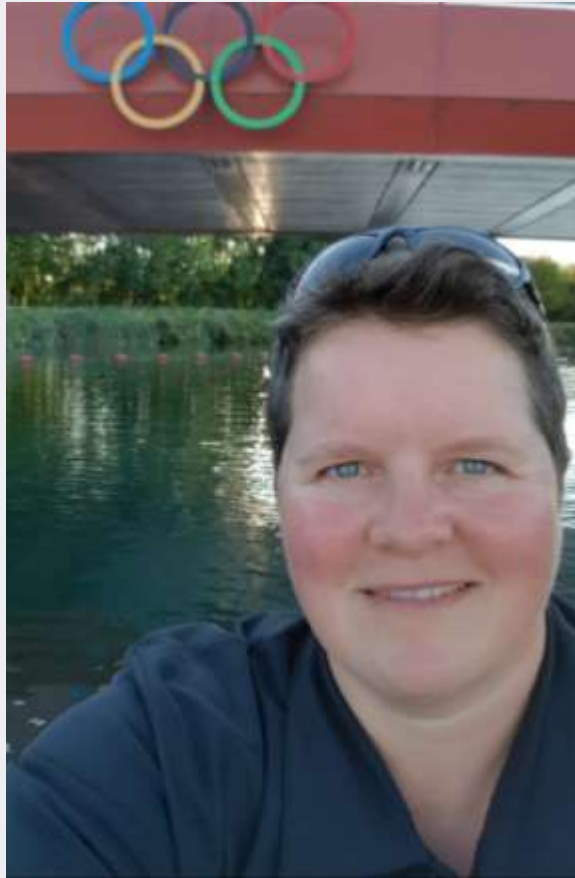
Côté and Gilbert (2009)



*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



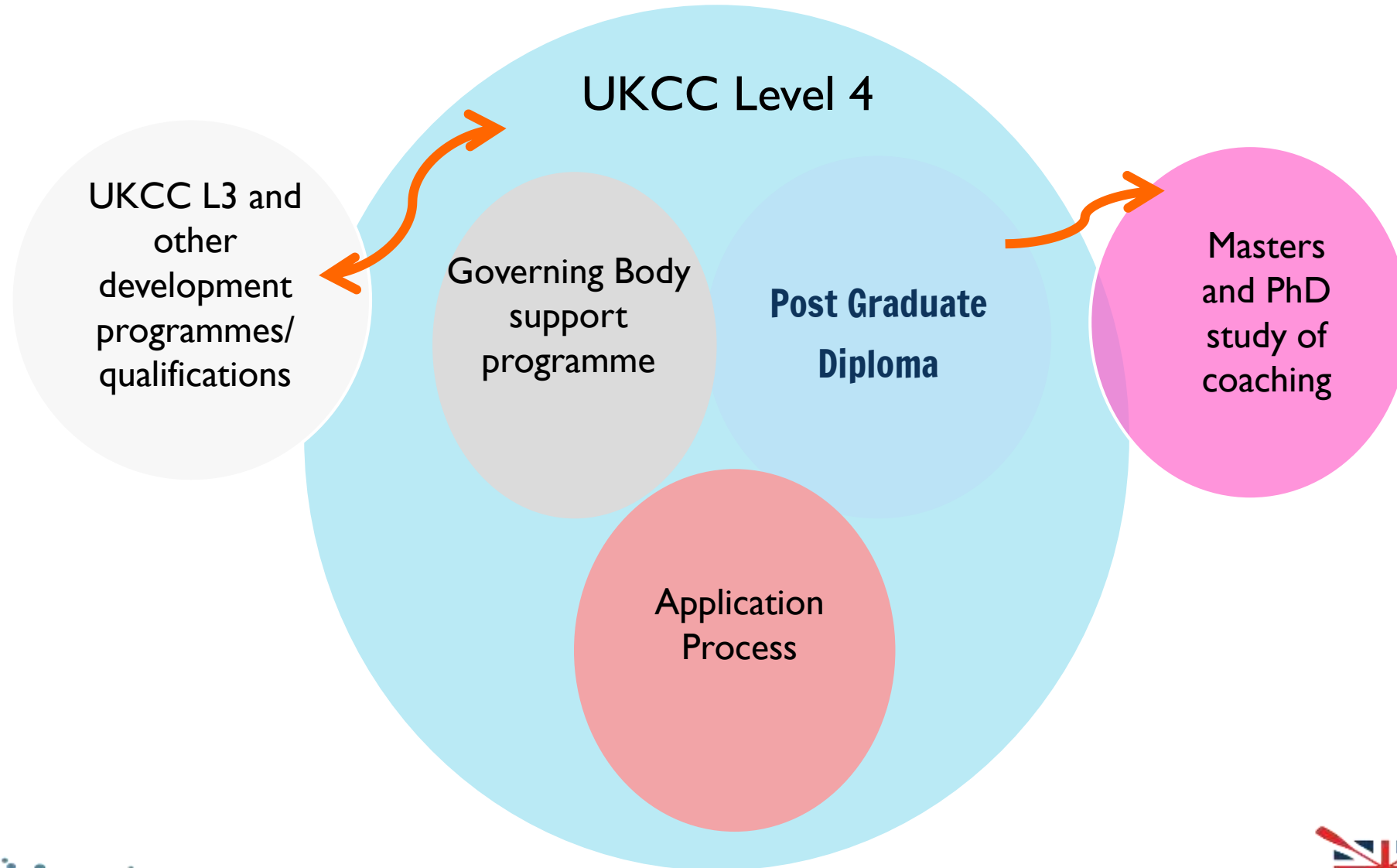
What is your reason “WHY”?



# Advanced Coach



# How does UKCC Level 4 work?



# 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

Module Title	YEAR 1	Year 2
SP7531 Coach Pedagogy		*
SP7530 Personal and Professional Development		*
SP7529 Expert Coach in Context	*	
SP7518 Work Based Project	*	

# Finding out more

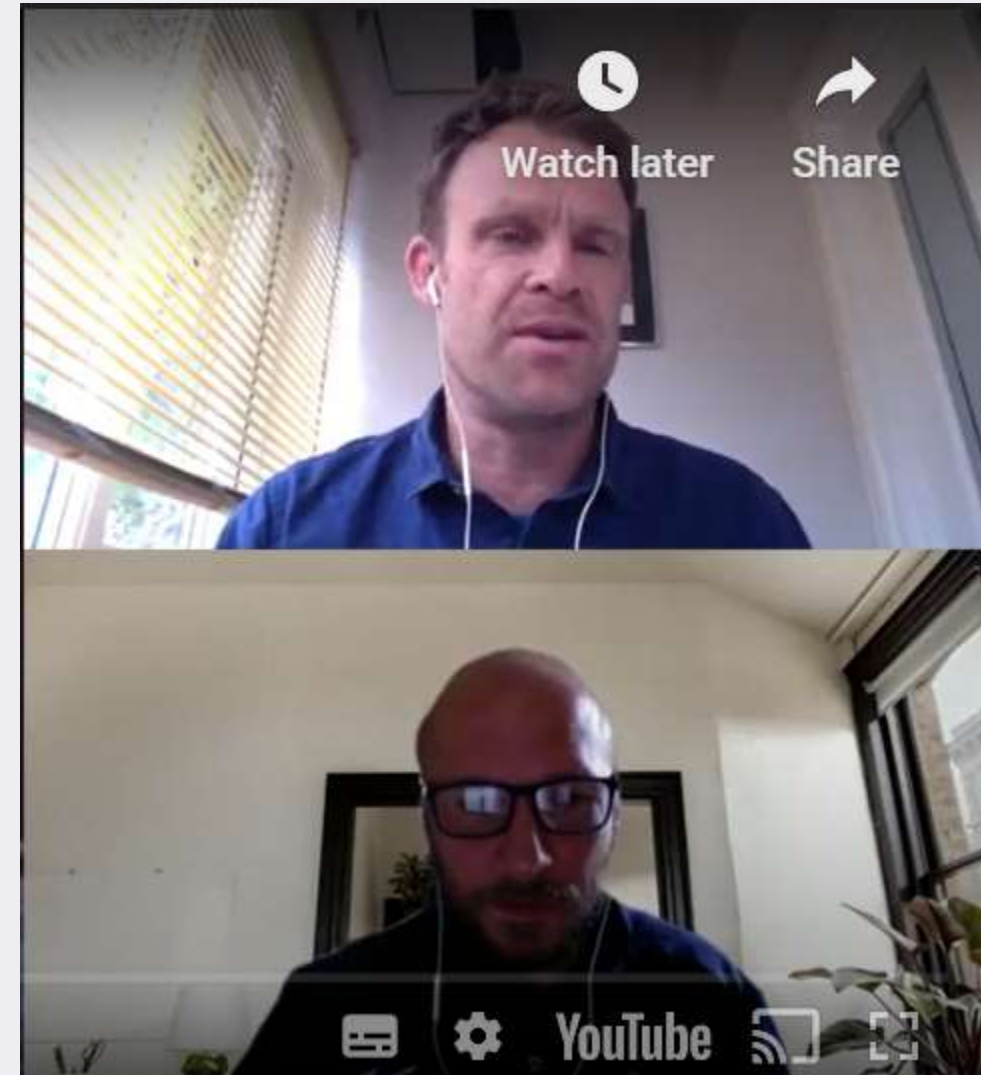
## PG Dip Information

**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.

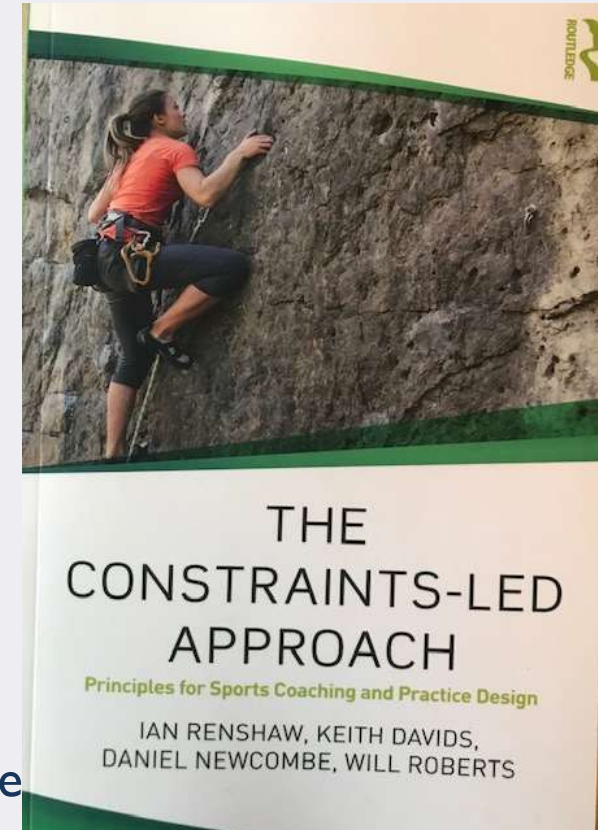
Tim says: “It's a real page turner!”

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”.

Leadership Theory and Practice (8<sup>th</sup> Edition) Sage Publishing; Peter G Northouse

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](mailto:Loretta.williams@britishrowing.org)**

**Complete Application Form by 10<sup>th</sup> July 2020**

**Discussions with Programme Personnel w/c 20th July 2020**

**What are the costs?**

**£4300 over two years**





BRITISHROWING

**Thank you for listening.**



TEAMWORK | OPEN TO ALL | COMMITMENT