



# **BUILDING THE CAPABILITY OF YOUR COACHING PRACTICE**

## **“THE ART OF COACHING”**

This workshop has been created for the student\* coach with a growth mindset. It will cover key aspects to enable foundation coaches to keep developing their coaching capability and improve their future coaching delivery. Topics covered will include:

- The Coaches role and how the art of coaching, may require movement on the coaching continuum, dependent on your athlete’s needs.
- Planning a coaching session to ensure a quality experience for the athlete and coach.
- Effective use of questioning and feedback, and how the reflection process can grow your effectiveness as a coach.
- Understanding group dynamics and developing tools to deal with issues arising.

\* Student coaches aged 13 – 18 years, currently coaching. Places on this workshop are limited.

**Sunday 22<sup>nd</sup> July  
2018**

**10.00 – 12.00pm**

**Toi Ohomai,  
W2  
Windermere  
Tauranga**

**FREE**

**REGISTER with Sport  
BOP Community  
Coaching Advisor**

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