

Coaching Confidence



DID YOU KNOW?

44%

of active female coaches rated themselves as **moderately confident** in their coaching ability

43%

of active female coaches rated themselves as **highly confident** in their coaching ability



“Recently, my club that I am part of was looking for a new coach. I just didn't have the confidence to go for it. I knew that there was a lot of older men within the club, that can be quite difficult. I didn't want to put myself in a position that would knock my confidence.”

Despite being confident in their coaching ability, female coaches confidence diminished when dealing with male coaches, male peers or when interacting with males in executive roles such as CEOs or Board members

WHAT CAN BE DONE?

NGBs and clubs can support and encourage engagement with female coaches.

FIND OUT MORE

Sport Ireland conducted research with over 2,000 active and inactive female coaches in 2020 to learn how to better support them.

If you would like to learn more about Sport Ireland's work in supporting Women In Sport or want to get involved visit www.sportireland.ie/women-in-sport

#Women
InSportIRE