



SPORT  
IRELAND  
COACHING

# Coaching Role Models & Mentors



## DID YOU KNOW?

58%

of active female coaches would like to observe other coaches to aide in their own personal learning

66%

of female coaches had a female coach themselves, and **50%** said this coach positively effected her decision to start coaching

*... something I found very beneficial has been mentorships. I've been really lucky to have had good female role models who have developed into mentors and friends.*

## WHAT CAN BE DONE?

**NGBs and clubs can look at how they positively support female coaches by peer learning through coaching observation, mentorships and promoting female sport role models.**

## 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](http://www.sportireland.ie/women-in-sport)

#Women  
InSportIRE