

Wall of Support for Coaches

Each brick in the wall depicts a way in which coaches may advance their own development; all of which can be discussed with Coach Developers within their respective NGB*.

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| Attend an NGB Coach Education course | Attend an NGB workshop | Attend a different NGB's course or workshop | Attend a seminar/webinar from own or a different NGB | Join a coaches' network |
| Attend conferences (own NGB, other NGB or non-sport specific) | Join a Community of Practice | Attend a non-sport specific course or workshop | Shadow an experienced coach or Coach Developer | |
| Ask for a 'needs analysis' session with a Coach Developer | Co-deliver a session with an experienced coach or Coach Developer | | Observe a Coach Developer's 'demonstration session' | Join a coach exchange programme |
| Arrange a peer review (within own NGB or a different one) | Create one or more 'critical friend' relationships | Ask a Coach Developer to assist your reflective practice | Take part in a mentoring programme | |
| Ask a Coach Developer to observe, review, evaluate &/or assess your coaching | Conduct own research | Contact NGB Coach Developer re. information &/or resources including access to 'experts' and linking up with researchers | | |

* Not all support 'bricks' are available in every NGB

(An original concept by Hayley Harrison, modified for the Sport Ireland Women in Coaching Toolkit 2021)