

## **Coaching Insight**

### ***Another brick in the wall: the building blocks of coaching excellence***

A half-day seminar exploring and shaping the future of coaching.

**2.30 pm to 5.30 pm 29<sup>th</sup> March Nottingham Trent University**

*presented in partnership with Sport Nottinghamshire*

*Most sports have talent identification and development systems for performers but how many clubs and governing bodies can define what they believe constitutes an excellent coach. With the help of speakers from three very different contexts we will explore "excellence in coaching"*



This seminar offers the opportunity to debate current issues in coaching with colleagues facing similar challenges to your own and learn about and share ideas and solutions. We have invited three expert contributors but have left plenty of space for you to interrogate what they have to say, debate what it means for you, talk about your issues and spend time networking with people from a variety of sports and contexts. We would expect to challenge the thinking of and offer inspiration to self aware coaches operating at UKCC Level 2 and beyond.

#### **Our speakers and their themes**

**One brick fits all?** **Gordon Fearn** is one of the country's leading children's coaches and a level 4 table tennis coach producing national champions and international players. As a multi-skills coach with Nottinghamshire County Council he was jointly awarded the 2008 scUK children's Coach of the Year. He will argue the importance of starting children off on the right path with good habits, making sessions fun so kids learn and understanding how they see the world and what makes them tick.

**All made out of ticky tacky?** As a coach educator in two sports and a scUK National Trainer to boot **Kay Adkins** is perfectly placed to open the debate on whether this country's coach education system (sic) is turning out the creative, caring and consistent coaches we need.

**Building on happiness.** Chartered occupational psychologist and coach **Sarah Dale**, author of *Keeping Your Spirits Up* will explore how we can nurture optimism and resilience in the face of uncertainty and change to bring business, sporting and personal benefits.

\*By incorporating this **Coaching Insight** seminar into the Nottinghamshire Club, Coach and Development Programme, we are able to offer places **FREE** to coaches who are **resident and/or active in Nottinghamshire**.

**Other places are just £15.00 and for more details or to book directly with**

**TLR Communications ring Mick Owen on 07944 605508 or email him at [mickowen@tlrcomms.co.uk](mailto:mickowen@tlrcomms.co.uk)**