

# FEMALE PERFORMANCE COACH ENGAGEMENT PROGRAMME 2025

## WHY

Research has shown that only 16% of performance coaches currently working on the LTA performance player pathway are female. Built upon the work over the last couple of years engaging with this group of coaches and from what we have learnt, this programme seeks to improve the representation of female coaches, across all stages of the player pathway.

## HOW

This bespoke performance programme has been designed to engage female coaches through tailored support from specialised mentors, creating opportunities and exposure to the LTA player pathway. Coaches will connect through performance focused workshops, on and off court, where they can share ideas and discuss best practice, whilst growing the female performance coach network.

## WHO

The programme is for passionate and committed female coaches, who are looking to progress in performance coaching. Coaches do not need to already be working in performance coaching but must be able to demonstrate how they are actively pursuing it.

## SESSION OVERVIEW

Off-court sessions will involve coaches taking the time to reflect on their journeys and explore their coaching identity and philosophy.

On-court sessions will vary based upon the cohort's feedback; the more coaches are able to share, the more the programme can be shaped around them.

## PROGRAMME PRE-REQUISITES

- Minimum of Level 3 qualified.
- Hold valid Coach Accreditation and working towards Accreditation+ if not already.

## PROGRAMME SUPPORT

- 12 one-to-one sessions (1 hour long) with their assigned mentor.
- Quarterly content themed workshops with their cohort, primarily at the NTC.
- Monthly virtual coffee mornings with the network.
- A bespoke Personal Development Plan (PDP).
- Tailored experiences based upon their PDP.
- Access to the wider Female Performance Coach Network.

## PROGRAMME DATES

Activity	Date	Time
Programme Introduction Call	Tues 12 <sup>th</sup> November 2024	11.15am – 11.45am
Workshop 1	Thurs 9 <sup>th</sup> January 2025	9.45am – 4pm
Workshop 2	Mon 28 <sup>th</sup> April 2025	9.45am – 4pm
Workshop 3	Weds 30 <sup>th</sup> July 2024	9.45am – 4pm
Workshop 4	Thurs 6 <sup>th</sup> November 2025	9.45am – 4pm
Programme Conclusion	Thurs 6 <sup>th</sup> November 2025	Evening