

FEMALE PERFORMANCE COACH ENGAGEMENT PROGRAMME 2023

WHY

Research has shown that only 16% of performance coaches currently working on the LTA performance player pathway are female. Built upon the work last year of 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.

The two pre-requisites for this programme are:

- Minimum of Level 3 qualified
- Holding valid Coach Accreditation and working towards Accreditation+

PROGRAMME SUPPORT

- 12 one-to-one sessions (2 hours long) with their assigned mentor.
- Quarterly content themed workshops with the 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	15 th December 2022	12.30pm – 1pm
Workshop 1	Tues 10 th January 2023	10am – 4pm
Workshop 2	Tues 4 th April 2023	10am – 4pm
Workshop 3	Thurs 20 th July 2023	10am – 4pm
Workshop 4	Weds 1 st November 2023	10am – 4pm
Programme Conclusion	Weds 1 st November 2023	Evening