

# Understand Connect, thrive: Knowing Your People (Online Classroom)



This online classroom will demonstrate how a commitment to taking a genuine interest in the people at your sessions is crucial to helping them thrive.

You coach because you are passionate about your sport or activity and passionate about people. Do you truly know why they are at your session? Do you understand their motivations or their limitations? How do you engage in an authentic way to build strong connections with everyone?

This interactive session, delivered via Webex, will help you either develop your existing skills as a coach or create new ones, to help you identify and meet the needs of your participants, at any level of your sport or activity.

The course has been awarded 2 CPD points by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

## What You Will Learn

### This session will help you:

- Notice and UNDERSTAND the needs of your people
- CONNECT with your people better
- Reflect on how you can help your people THRIVE

## Accompanying Resource

You will receive 3 months' access to an online version of this booklet that accompanies the Understand, Connect, thrive: Knowing Your People session.

The 40-page resource pulls together research and insight on how to better engage people taking part in sport and physical activity. It includes:

- Activities to ignite your passion to learn.
- Space for you to record your thinking, learning and planned actions.
- An explanation of the PEOPLE acronym.
- Sections on the art of noticing and observation, and advice on how to understand and connect with people.
- A guide to the importance of Emotional Intelligence in helping people thrive.