

Sporting Communities Case Study - Ameena 2



Ameena, a Pakistani female aged 41, joined Sporting Communities Coaching For All programme in March 2020 as a coaching novice. In the first case study in September 2020, Ameena spoke about her background and why she was interested in developing her karate coaching skills further (see Sporting Communities Case Study - Ameena). Now as the programme approaches the end, this second case study highlights Ameena's progress and next steps.

What have been your highlights?

“It all came together in January when I got the opportunity to lead a couple of coaching sessions.”

It was around October 2020 that Ameena started to feel that her coaching skills were developing further. Ameena felt more confident after completing and recording tasks and challenges set by the course leaders and listening to the other coaches. These stepping-stones encouraged Ameena to lead her own online karate sessions in January after being invited by one of the karate coaches at her club. She is now planning to collect feedback from participants so she can develop further. She is also looking forward to taking another big step and delivering in person karate coaching.

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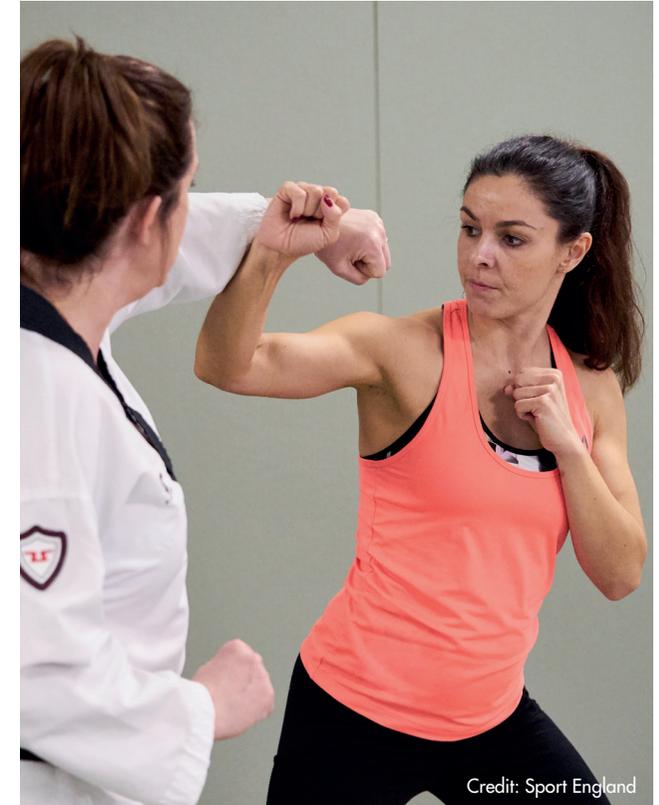
What have been the benefits?

“I feel building my confidence is what I have gained most from this course.”

Coming from a background of no coaching, Ameena has grown in confidence since beginning her coaching journey in March 2020. She has learnt a lot about herself being a coach through participating in practical sessions and recording herself. Ameena has been able to deliver online sessions on yoga stretches and now has a regular Friday slot. Prior to joining the programme Ameena stated this is not something she would have had the confidence to do. She now feels she is heading in the right direction and is glad that she did not wait until after the pandemic to start delivering coaching sessions.

How could the course have been improved?

Ameena has missed the interactive peer-to-peer support that would normally have been part of a



coaching learning programme. Ameena stated, “As I was more inexperienced it was harder to know what level to operate at unless you can see others.” Sporting Communities organised WhatsApp groups where participants could interact and learn from one another as well as encouraging recorded tasks and challenges to be shared among the groups.



What do you plan to do next?

“I feel I have tried my best and given 110%!”

Ameena is looking forward to receiving her qualification resulting from the hard work she has put into the course. She will be completing her Level 3 Sports Leaders and her coaching qualification in the near future and would like to deliver more coaching sessions at her karate club. Whilst Ameena is reluctant to call herself a role model she is looking forward to using what she has learnt to help others with their journey. Initially she plans to continue as an assistant coach and motivate children who have been struggling with the class dynamic due to the social distancing rules, however she is now looking to step up and lead some coaching sessions and possibly carrying on with the Friday yoga stretches class.

Ameena is keen to support the work of Sporting Communities. She stated, “They really care about people, they care about your journey and they care about the communities.” She believes that the pandemic has contributed to a rise in mental health issues and physical ill health due to inactivity and feels that Sporting Communities have a really important role to play in providing creative ways to bring communities together.

Sharing the news

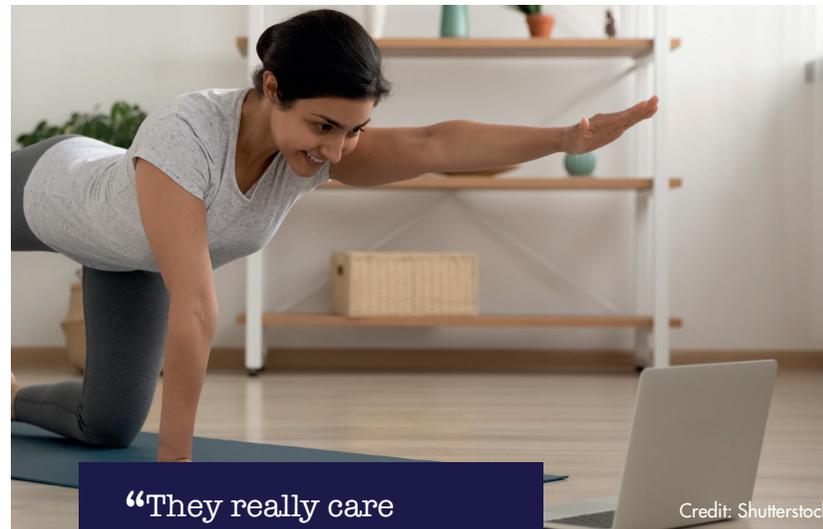
“I definitely would recommend it to people, but I would also say you get what you put in!”

Ameena believes the course is a great opportunity but stressed that if you don't put the effort in you won't get much out of it! Ameena would like to see Sporting Communities encourage people from all communities to access the coaching programme as it is a good opportunity for personal development. It is also an opportunity for people from all cultural backgrounds, whether they are Asian, Black, White or any other group, to learn from and interact with one another.

About Coaching For All



Founded on 8th May 2012, Sporting Communities is an ethical, not for profit Community Interest Company committed to helping to develop communities and delivering cost-effective, timely and professional services. The Coaching For All project is a Sport England funded research project to help identify and understand the underrepresentation of paid coaches from ethnically diverse communities within the industry. The one year project is designed to develop aspiring coaches from ethnically diverse backgrounds with the skills, knowledge, qualifications and experience in coaching whilst understanding the barriers involved. The project partnership consists of Sport England, UK Coaching, Loughborough University and Sporting Equals.



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