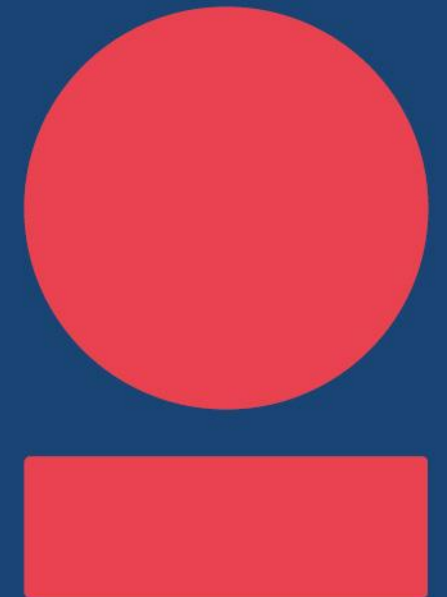


# Coaching in the UK, 2019

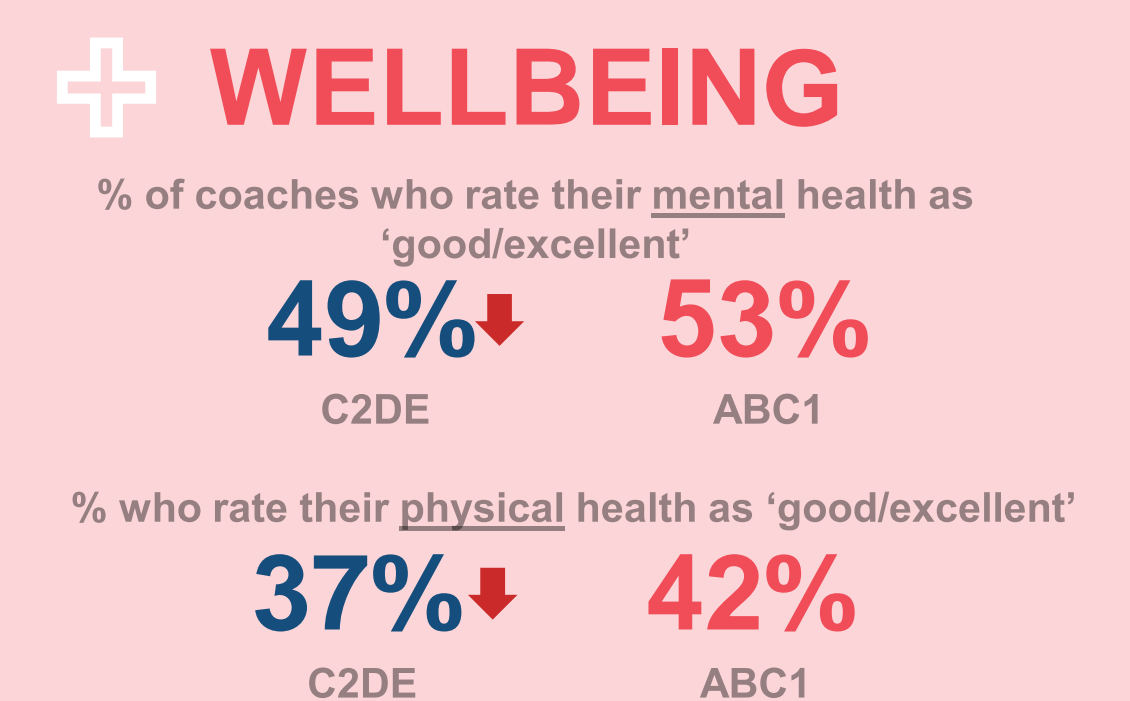
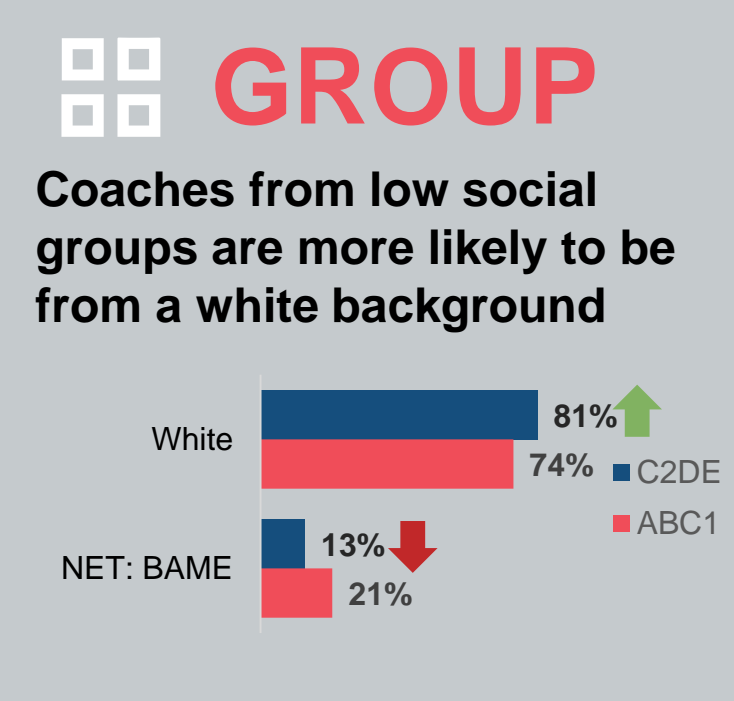
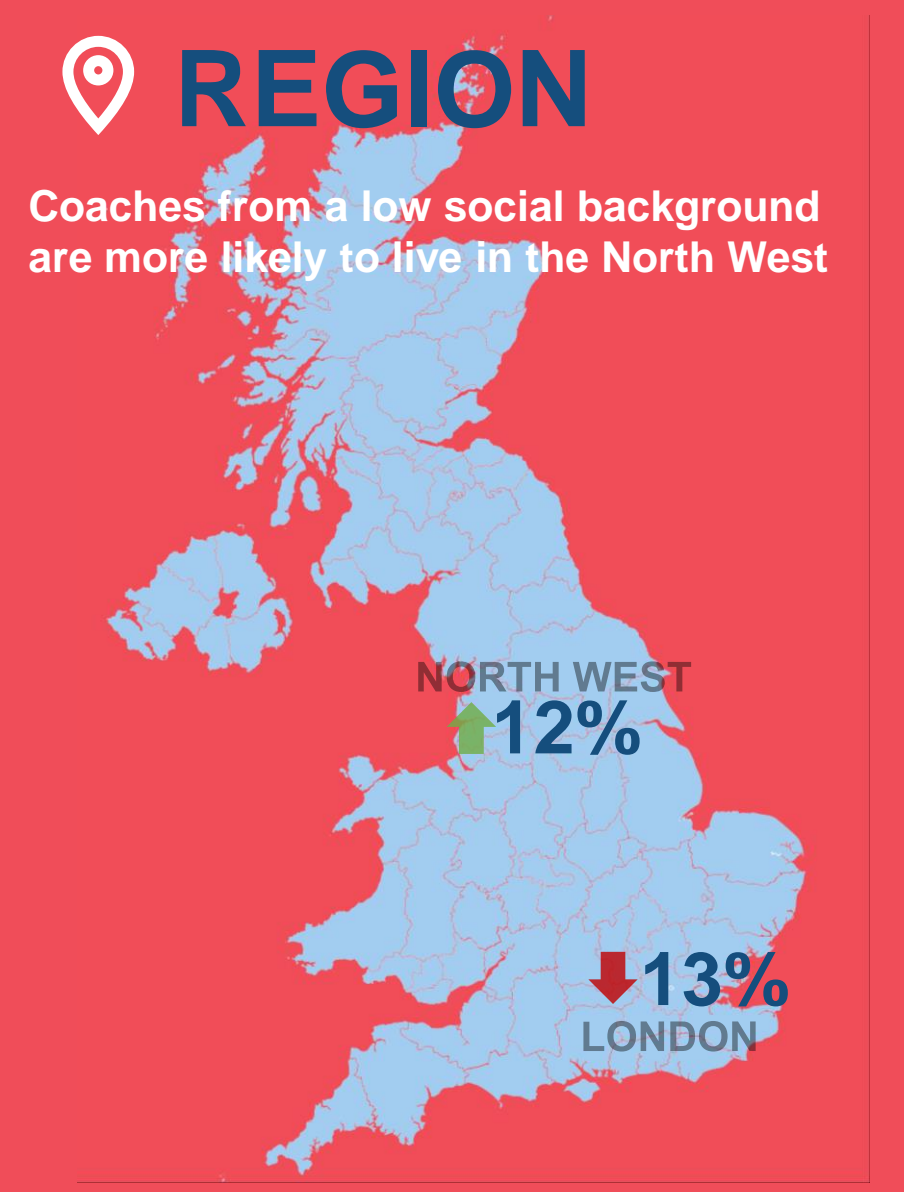
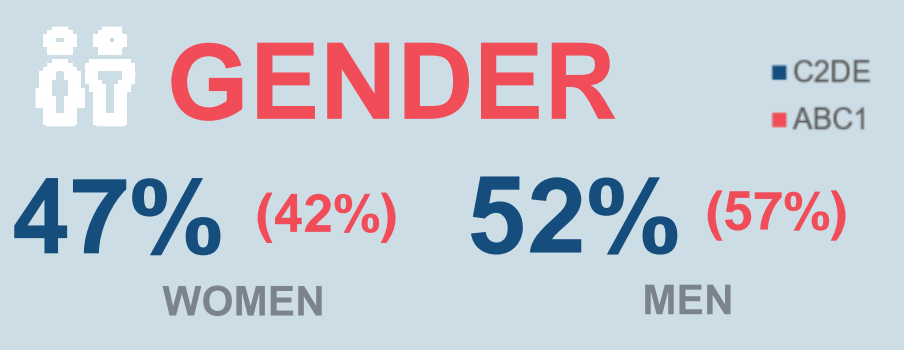
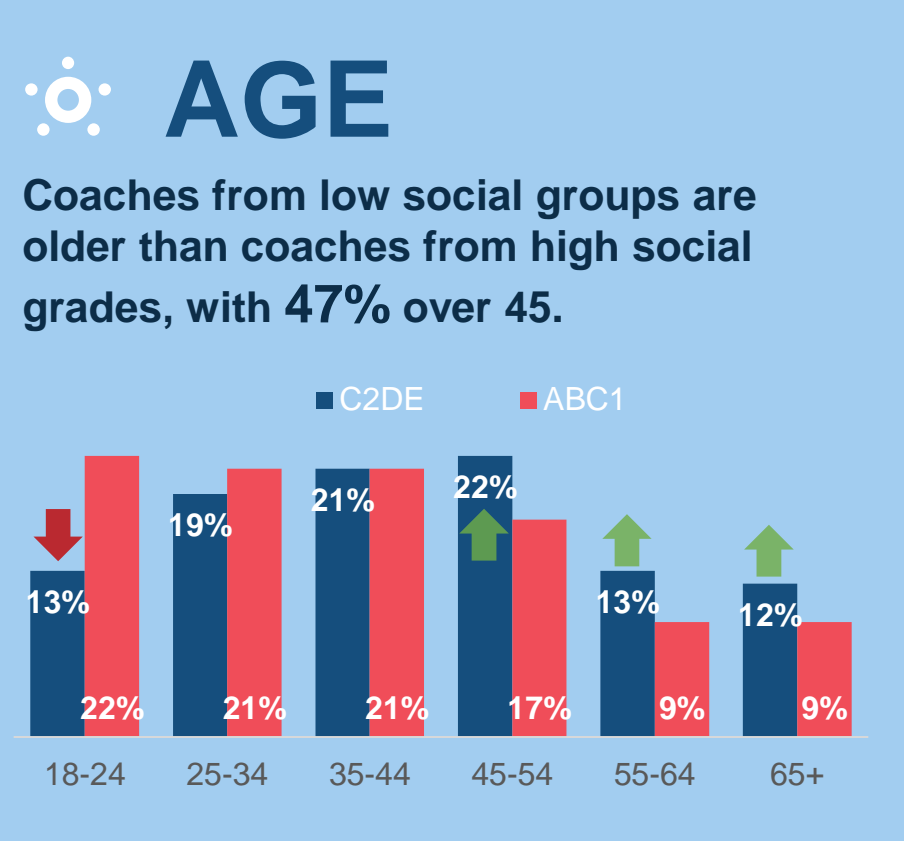
## A Spotlight on Social Grade



Indicates where %s are significantly higher or lower than white respondents at 0.95 difference

**4% OF ADULTS FROM LOW SOCIAL GROUPS ARE ACTIVE COACHES COMPARED WITH 7% OF ADULTS FROM HIGH SOCIAL GROUPS**

**33%** of active coaches are from low social groups compared with **43%** of the UK population who are from low social groups.



# WHAT?

Coaches from low social backgrounds are most likely to coach:



Invasion games  
20%



Net/wall/racket games  
11%



Exercise, fitness and personal training  
10%

Compared with coaches from high social backgrounds:



Athletics  
13%



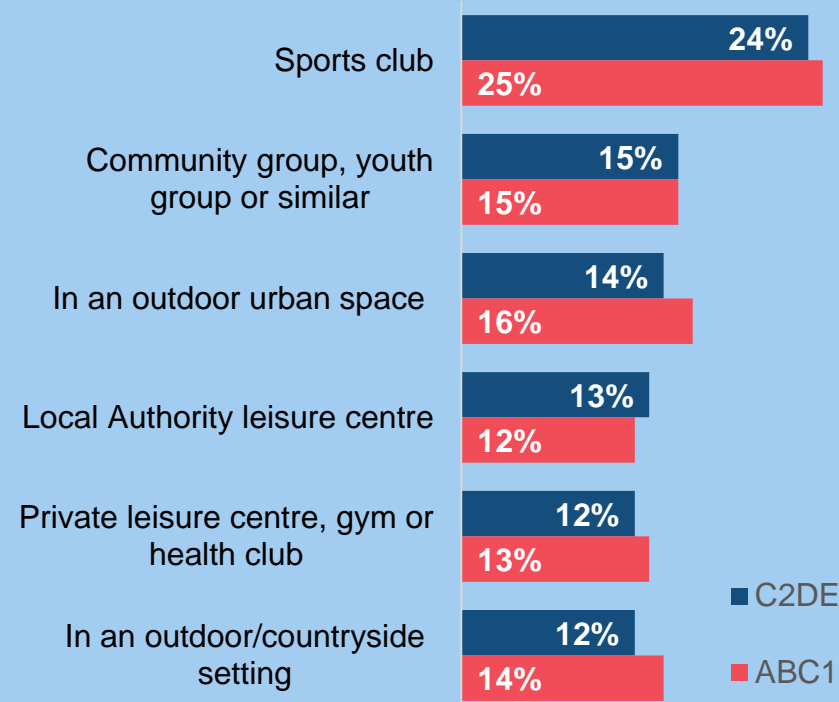
Invasion games  
28%



Net/wall/racket games  
13%

# WHERE?

You are most likely to find coaches from low social groups in a sports club (24%)



Coaches from low social groups are less likely to coach in a college or university than coaches from high social groups (6% compared with 14%)

# WHO?

Over half coaches from low social groups coach children



Children (0-17)

■ C2DE  
■ ABC1



Mixed gender groups  
41% (C2DE) 44% (ABC1)



Adults (18-50)

33% (C2DE) 34% (ABC1)

Coaches from low social groups are more likely to coach older adults (50+) than high social group coaches (18% compared with 14%)

Coaches from low social groups are more likely to coach smaller groups of participants (1 to 5) than high social group coaches (46% compared with 41%)

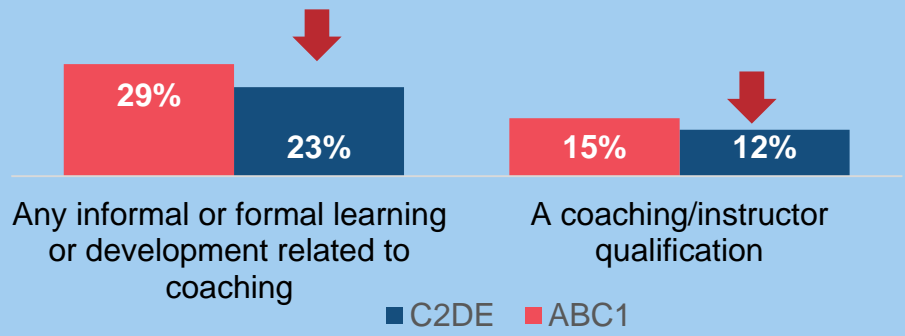




# 23% HAVE RECENTLY TAKEN PART IN LEARNING DEVELOPMENT

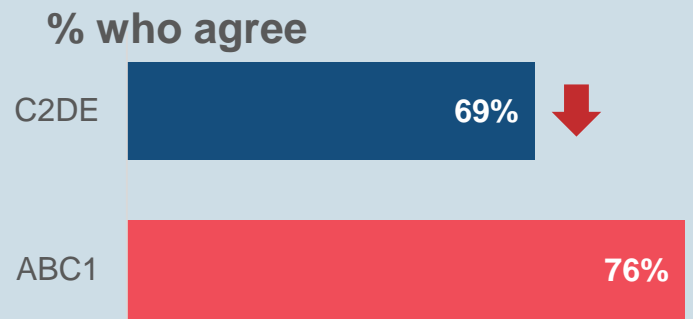


% in the last 12 months...



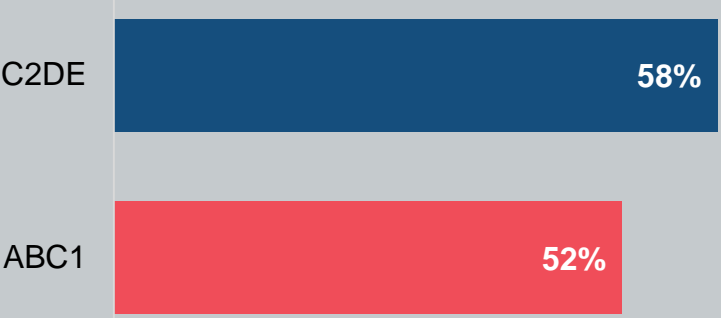
# 69% FEEL CONFIDENT WHEN THEY COACH

Coaches from low social groups are less likely to feel confident when delivering sport or activity sessions than high social group coaches



# 58% HAVE NO FORMAL QUALIFICATIONS

% with no qualifications

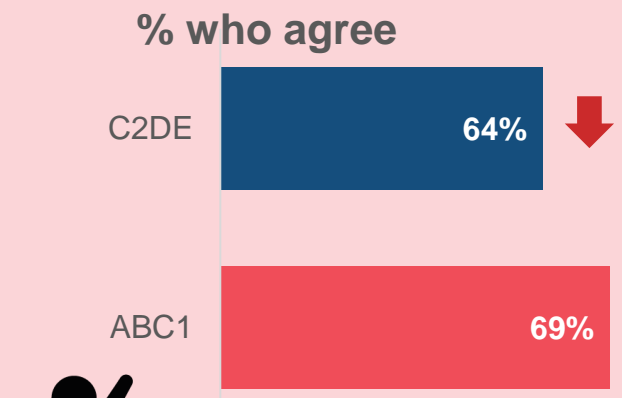


This is a higher proportion than coaches from high social groups



# 64% COACH TO A STANDARD THEY ARE PLEASED WITH

They are less likely to be pleased with their standard of coaching than coaches from high social groups

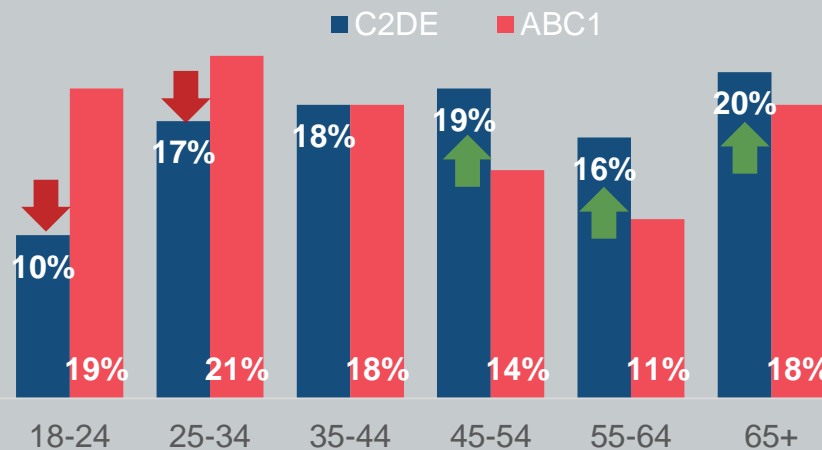


**13% OF THOSE FROM LOW SOCIAL GROUPS HAVE BEEN COACHED IN THE LAST 12 MONTHS**

**32% of coached participants are from low social groups compared with 43% of the UK population who are from a low social background.**

## AGE

Participants from low social groups are more likely to be older than participants from high social groups



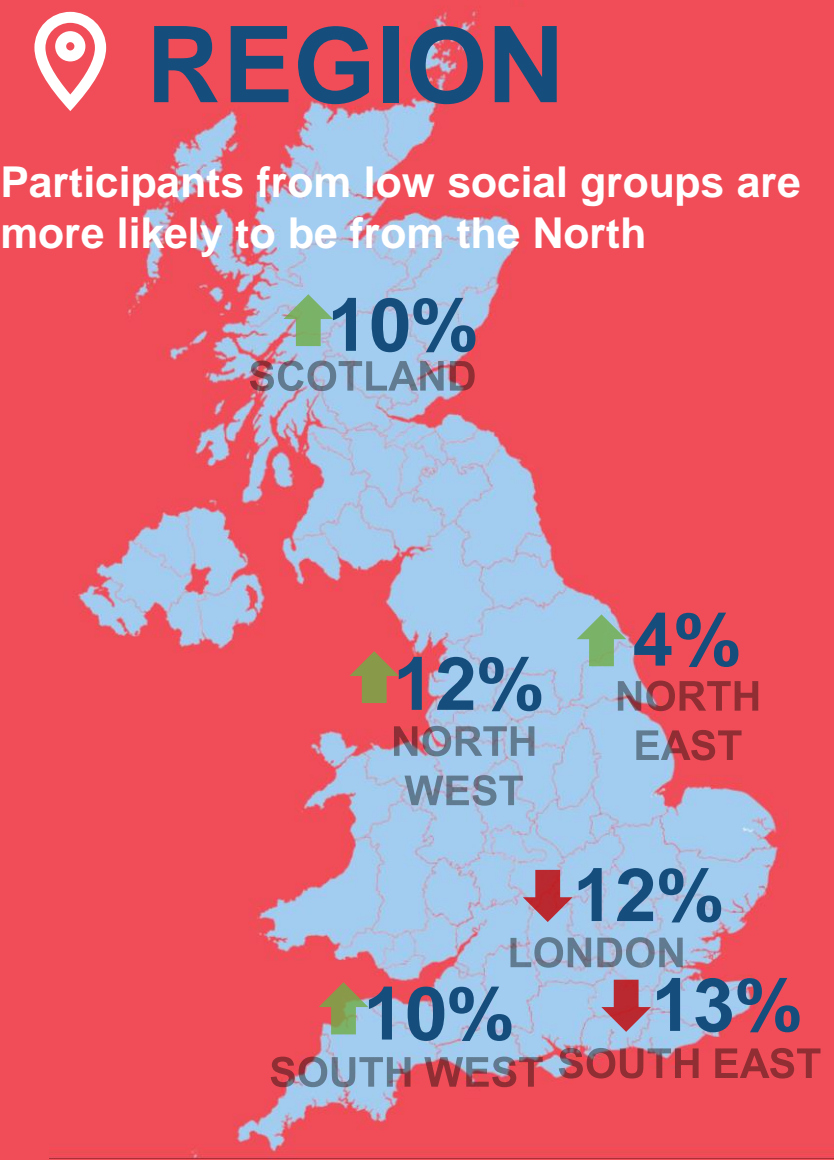
## GENDER

■ C2DE  
■ ABC1

**66%↑ (61%)** WOMEN  
**33%↓ (38%)** MEN

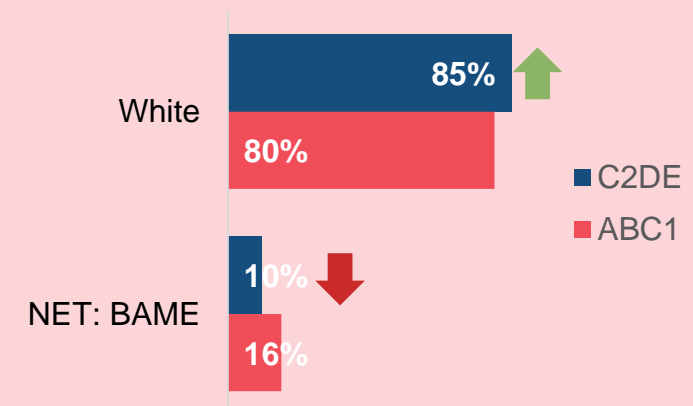
## REGION

Participants from low social groups are more likely to be from the North



## GROUP

Participants from low social groups are more likely to be White



## WELLBEING

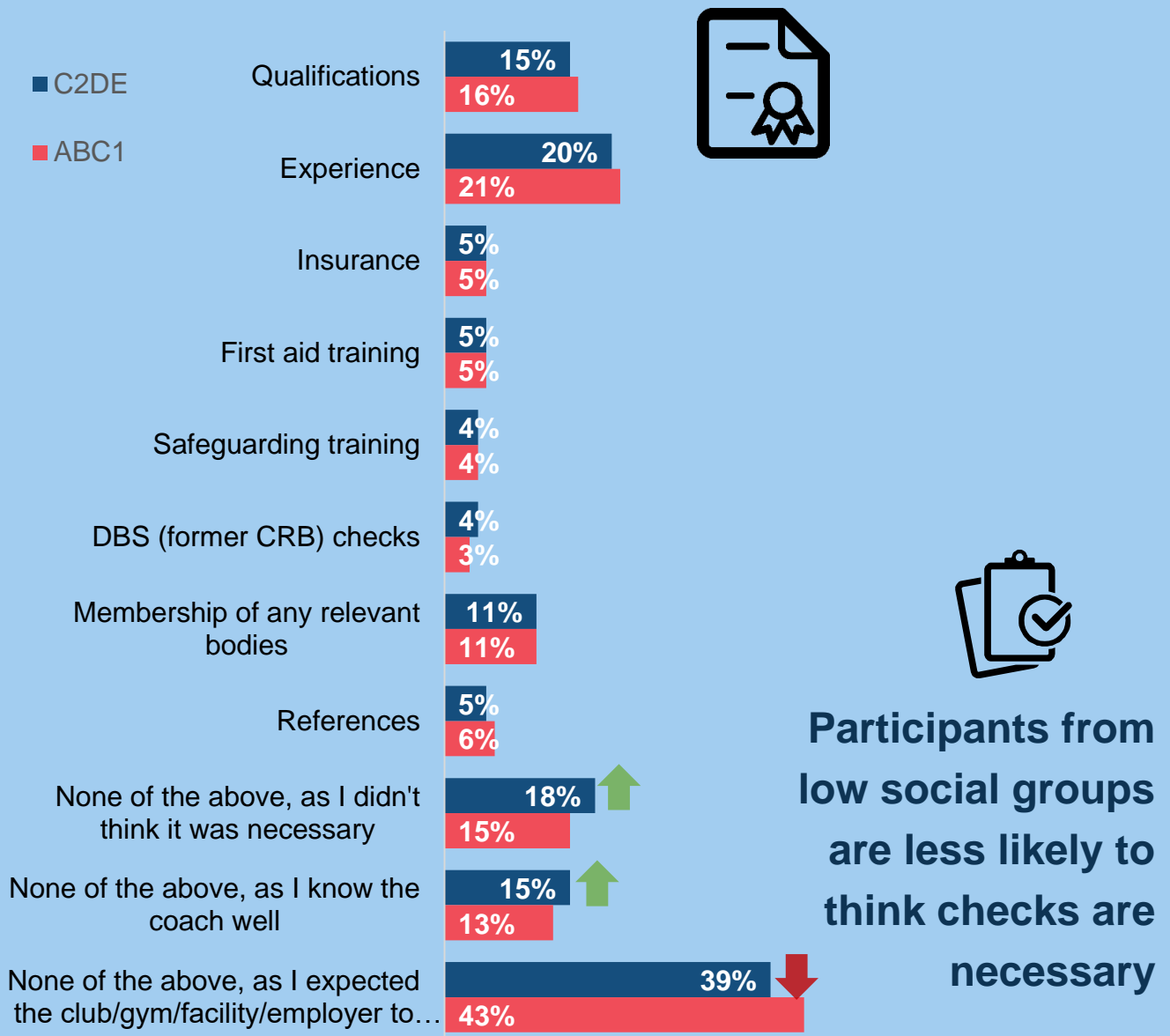
% of coached participants who rate their mental health as 'good/excellent'

**43%↓** C2DE      **47%** ABC1

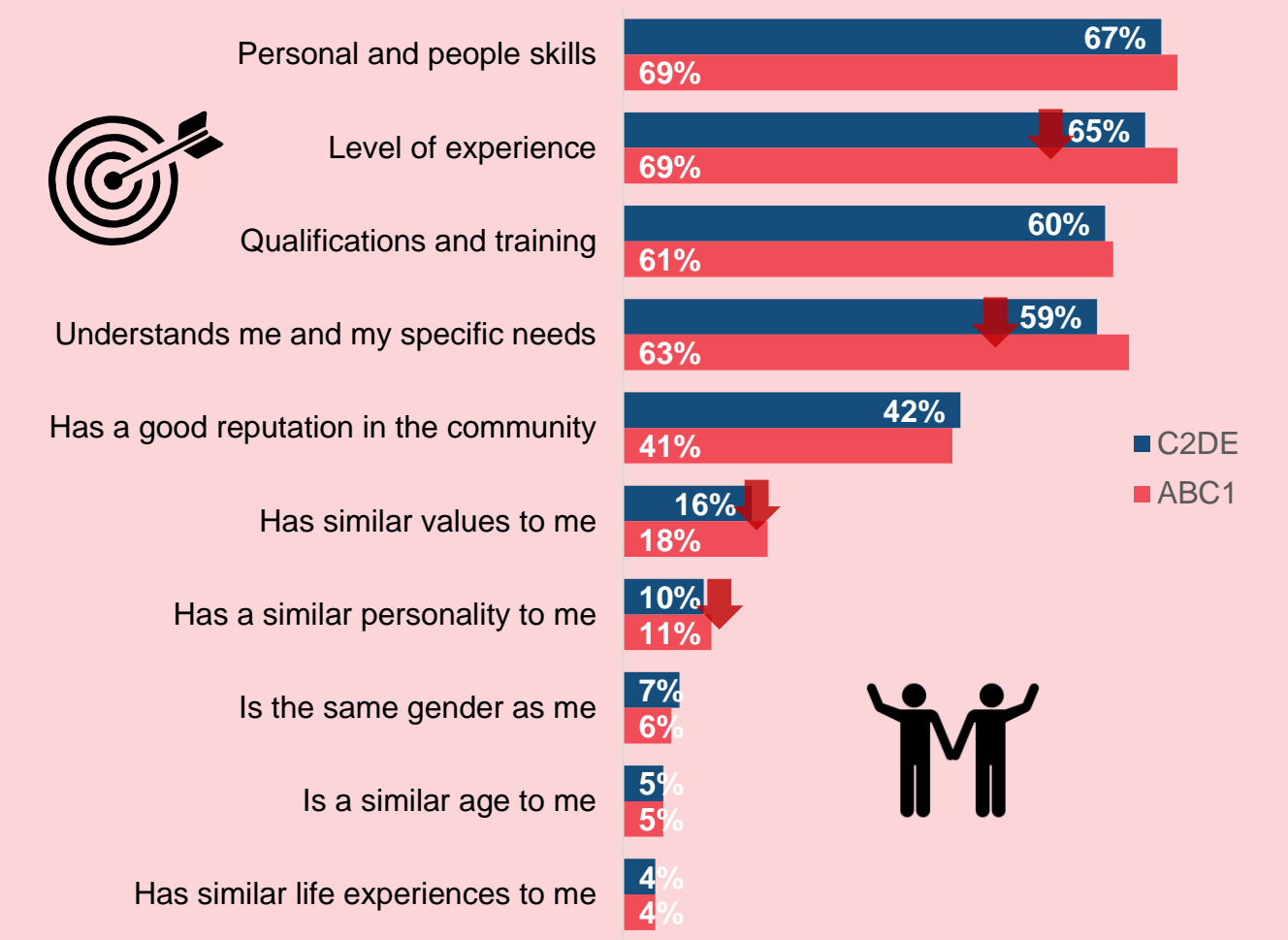
% who rate their physical health as 'good/excellent'

**32%↓** C2DE      **37%** ABC1

# 15% OF PARTICIPANTS FROM LOW SOCIAL GROUPS CHECKED QUALIFICATIONS BEFORE CHOOSING A COACH



# PERSONAL AND PEOPLE SKILLS ARE MOST IMPORTANT QUALITIES IN A COACH FOR PARTICIPANTS FROM LOW SOCIAL GROUPS



Participants from low social groups are less likely to consider level of experience and understanding their needs as important to them



# 80% OF PARTICIPANTS FROM LOW SOCIAL GROUPS FIND THAT COACHING MEETS THEIR INDIVIDUAL NEEDS



% who agree that coaching meets their individual needs

**80%** ↓

C2DE

**83%**

ABC1

# PARTICIPANTS FROM LOW SOCIAL GROUPS ARE MORE LIKELY TO THINK COACHING IMPROVES THEIR MENTAL HEALTH AND WELLBEING

% who agree that coaching helps to improve mental health and wellbeing

**79%** ↑

C2DE

**77%**

ABC1

# THOSE FROM LOW SOCIAL GROUPS ARE LESS LIKELY TO HAVE CONFIDENCE AND TRUST IN THEIR COACH



Participants from low social groups are more neutral than participants from high social groups, rather than disagreeing that they have confidence and trust in their coach

