

UK Coaching Awards

Changing Lives Award – example answers against the *People Principles* aligned criteria

Person-Centred

How does the coach take time to understand their participants and put their needs first - ensuring sessions are safe and everyone is included?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Connects with and understand all participants as individuals
- Creates an inclusive environment where everyone is supported to meet their goals
- Puts welfare, health and well-being first and ensures that participants feel safe

Michelle got involved in our club through a community crime prevention scheme.

She developed a love of basketball and became a volunteer coach. She has a real ability to relate to the kids.

She knows the difficulties kids face in our community and encourages them to use basketball to work through problems and keep out of trouble.

Michelle changes the activities and practices to meet the needs of different playing abilities/individuals, so the kids can develop at their own pace and work on things they want to.

She also encourages them to work together and support each other, with experienced members supporting new starters.

Michelle knows evenings are vulnerable times, so worked with the club and local council to set up some open twilight sessions, so kids can get off the streets at night.

She is always there for kids when they need to talk, creating a safe, non-judgmental space.

This answer is 150 words

Empowering:

How does the coach give participants the opportunity to input into the sessions and decisions that affect them? How do they try and ensure their participants leave feeling motivated, valued and listened to?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Creates an environment where people feel empowered and motivated
- Actively encourages feedback (from participants, volunteers, coaches) and acts on it
- Develops sessions together with their participants and allows people opportunities to take the lead

Michelle has a great ability to connect with kids of all ages. She spends time with the kids she works with to understand them and what they want to develop and get from being involved in the club

She develops self-esteem of kids through sports skills, teamwork and building friendships. She encourages regular feedback on practices and encourages everyone to get involved them to

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get involved in development ideas of new of practices and activities. She values the ideas of everyone, and the kids really respect her.

Michelle also encourages others to get involved in supporting or leading some of the activities. Experienced players are asked to support less experienced players. Players who want to are given the opportunity to lead teams in practice games and get involved in games by having a go at refereeing/officiating.

This answer is 136 words

Organised

Tell us about the organisational skills of the coach. How do they make sure that everyone (participants and others supporting sessions) understands everything they are being asked to do and why?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Creates an environment where people understand what they are trying to achieve
- Ensures everyone involved (participants, coaches, volunteers) understands what they are doing and why

Michelle really enjoys planning her sessions and activities. She works with her youngsters to understand what they want to achieve as a team, and individually.

She encourages them to feed into sessions and activities and asks them what they want to do, and how it will help them to get better. She includes all range of practices in her sessions and encourages the youngsters to come forward with ideas too.

She encourages different players to lead the warm up and warm down elements of sessions so everyone knows what to do to warm up and down properly.

When older players join sessions to support, she gives them clear role and supports them to run the practices they want to

There are several parents that support with her age group. She meets with them before the session, and after the session to get their feedback.

This answer is 145 words

Positive

Tell us about the positive impact the coach has had. How have they helped their participants to feel positive about being involved and proud of what they do? What difference have they made to their participant's lives?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Has helped people develop a positive attitude towards sport and physical activity
- Has helped people overcome barriers to taking part
- Has supported people to maintain a changed lifestyle
- May have overcome their own barriers and used their experience to help others

Michelle loves offering opportunities in basketball. She is also well known in the community; she always has time for people and is very welcoming and friendly.

She also works with the council on physical activity programmes for young people to help more youngsters get through their struggles with the help of sport like she did.

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As well supporting other community programmes she is also working with the council as an advocate of the crime prevention referral schemes to showcase the work being done in our community.

She is a role model for getting involved in sport and get active. She inspires kids to develop themselves and encourages them to stay in education.

Michelle grew up in a community of crime and gangs. She is honest about how she got into trouble. She shares how she turned her life around with the support of our coaches, so others consider their options.

This answer is 150 words

Learning

Explain how the coach helps the people they work with (participants, volunteers, coaches) to progress. How are they committed to their own learning and development as a coach?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Works with their participants to help them learn and progress in the sport or activity
- Is committed to learning and development of themselves and others
- Has invested time and energy in developing themselves within coaching and is keen to continue learning and developing

Michelle runs her own age group team. She is constantly offering individual feedback, and she encourages positive feedback between players. She draws out plays/practices and encourages others to do the same.

She encourages youngsters to set their own goals and encourages them to practice outside of sessions develop themselves and friendships in the club. She encourages older player to come and help at her sessions.

She invites other coaches from the club to run practices and share their knowledge with the team and the parents. She also encourages older age group players to come and work with her/support her age group team and the informal sessions that she runs.

Over the last couple of years, she has worked with several different coaches learning from all of them and has worked through basketball qualifications.

Michelle has gone back into adult education as a result of doing coaching qualifications with us.

This answer is 149 words

Engaging

How has the coach engaged and motivated individuals to be involved in sport and physical activity (taking part and/or volunteering and coaching)? What great ideas have they used?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Ensures enjoyment
- Helps build confidence
- Engages people in the sport or activity so that they stay involved

Michelle has a great ability to connect with all our kids, and makes everyone welcome

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Michelle's sessions are about working together and supporting each other. She believes that everyone can get some benefit from being involved in basketball.

She builds confidence by:

- *Making sure people feel they belong at the club no matter their level of experience*
- *Encouraging people to work together and develop each other*
- *Finding a role for everyone, playing, helping others, officiating or refereeing – people are encouraged to try different things*
- *Offering support and listening the youngsters – being interested in their lives and what they achieve*

Recently she brought two new young people into the club who were keen to develop their website design skills. Now they play and do the club website for us!

She also supports other activities locally and encourages people to come along and get involved in other things in their local community.

This answer is 150 words