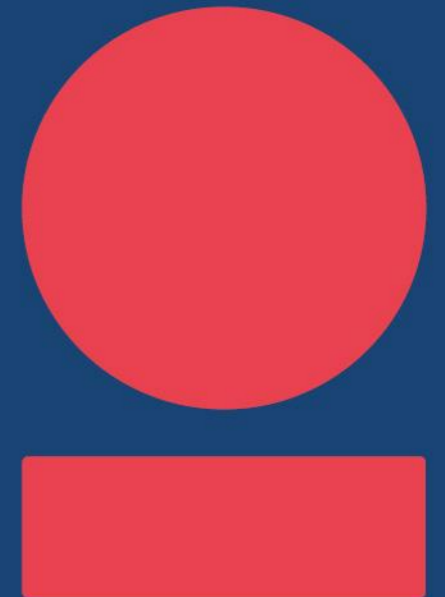


Coaching in the UK, 2019

A spotlight on coach wellbeing

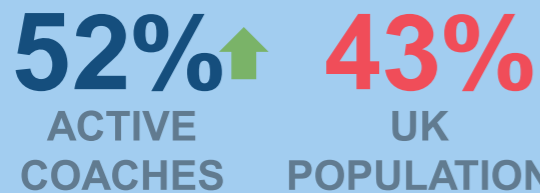


Indicates where %s are significantly higher or lower than comparative respondents at 0.95 difference

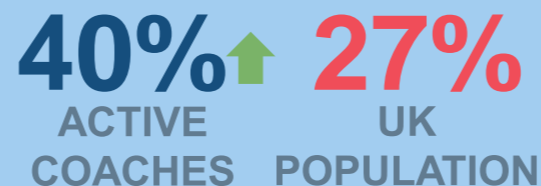


THOSE WHO HAVE COACHED IN THE LAST 12 MONTHS ARE MORE LIKELY THAN THE UK POPULATION TO RATE THEIR MENTAL AND PHYSICAL HEALTH AS GOOD OR EXCELLENT

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



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

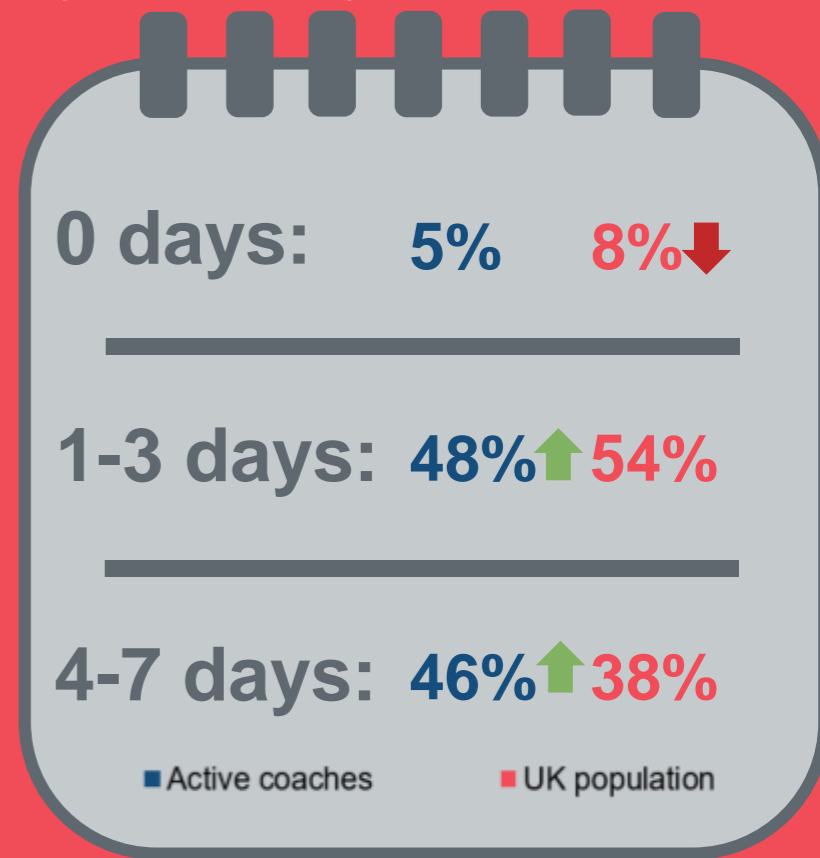


% who rate BOTH their physical and mental health as 'good/excellent'

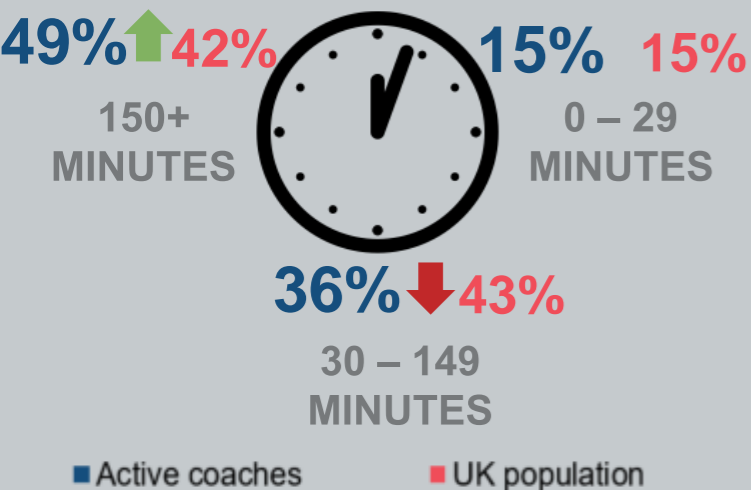


DAILY ACTIVITY

46% of coaches are doing between four and seven days a week of physical activity

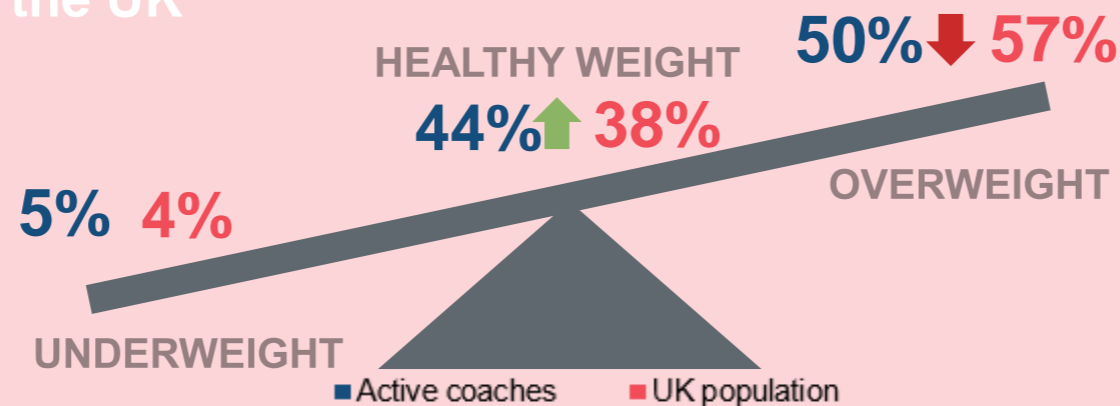


ACTIVE MINUTES PER WEEK



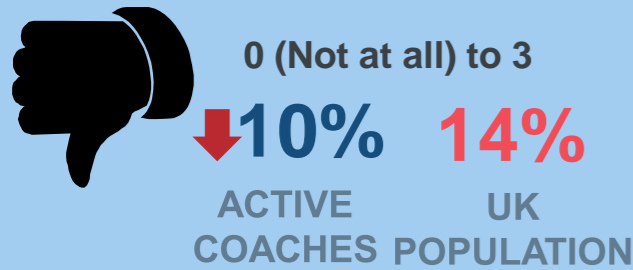
BMI

Coaches are significantly more likely to be a healthy weight than the average adult in the UK



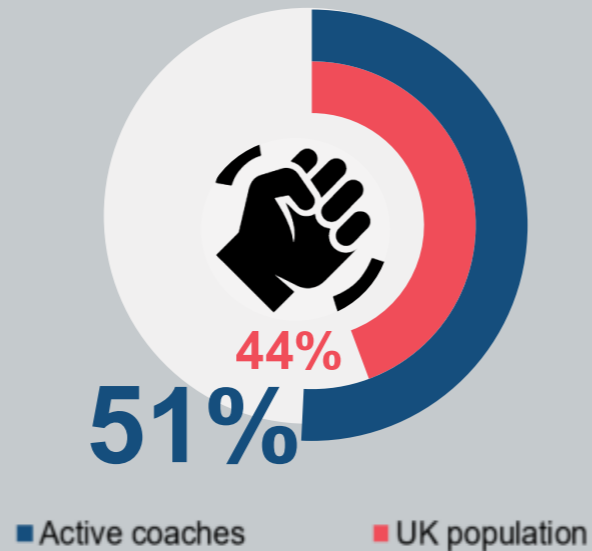
COACHES ARE HAPPIER THAN THE AVERAGE PERSON ACROSS THE UK

Overall how happy did you feel yesterday?



COACHES ARE MORE LIKELY TO FIND IT 'EASY' TO DEAL WITH IMPORTANT ISSUES THAT COME UP IN THEIR LIFE

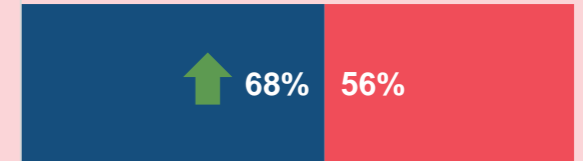
% who state 'easy'



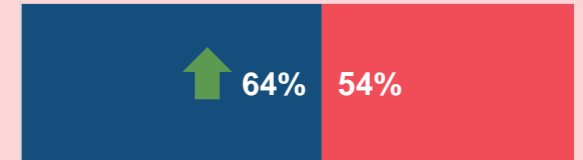
COACHES ARE SIGNIFICANTLY MORE LIKELY THAN THE GENERAL PUBLIC TO RATE THEMSELVES POSITIVELY ACROSS A RANGE OF HAPPINESS MEASURES

% who rate the following positively (7 to 10 'completely')

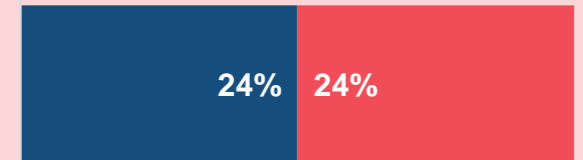
Overall to what extent do you feel the things you do in your life are worthwhile?



Overall how satisfied are you with your life nowadays?



Overall how anxious did you feel yesterday?



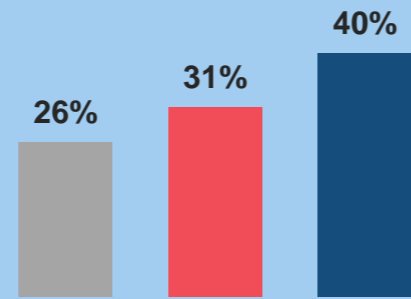
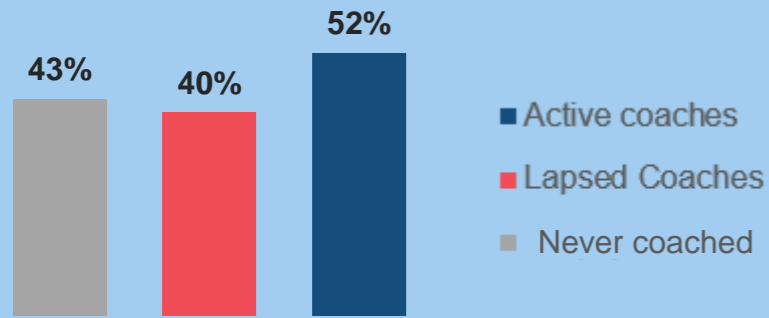
■ Active coaches ■ UK population

85% of coaches who rate both their mental and physical health as 'good' feel satisfied with their life compared with 54% of those without good mental and physical health

ACTIVE COACHES ARE SIGNIFICANTLY MORE LIKELY THAN LAPSED COACHES TO REPORT GOOD WELLBEING

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

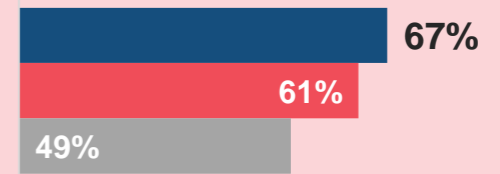
% who rate their physical health as 'good/excellent'



ACTIVE COACHES ARE MORE LIKELY TO FEEL CONFIDENT AND COMPETENT WHEN PARTICIPATING IN ACTIVITY COMPARED WITH LAPSED COACHES

% who agree

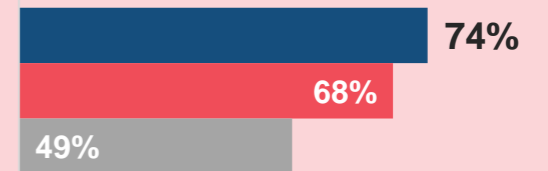
I am able to take part in sport and physical activity to a standard I am pleased with



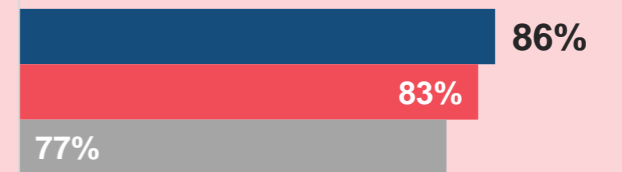
I feel that I have the ability to be physically active



I feel confident when taking part in sport or physical activity sessions



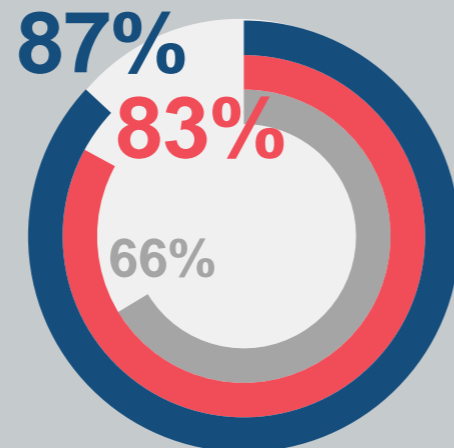
It's important to me to exercise regularly



■ Active coaches ■ Lapsed Coaches ■ Never coached

COACHES ARE MORE LIKELY THAN ADULTS WHO HAVE NEVER COACHED TO STATE THEY ENJOY TAKING PART IN PHYSICAL ACTIVITY

% who agree they enjoy taking part in sport and physical activity



■ Active coaches ■ Lapsed Coaches ■ Never coached

*Active coaches are defined as those who have coached in the last 12 months. Lapsed coaches are those who have coached within the last 5 years, but not in the last 12 months.

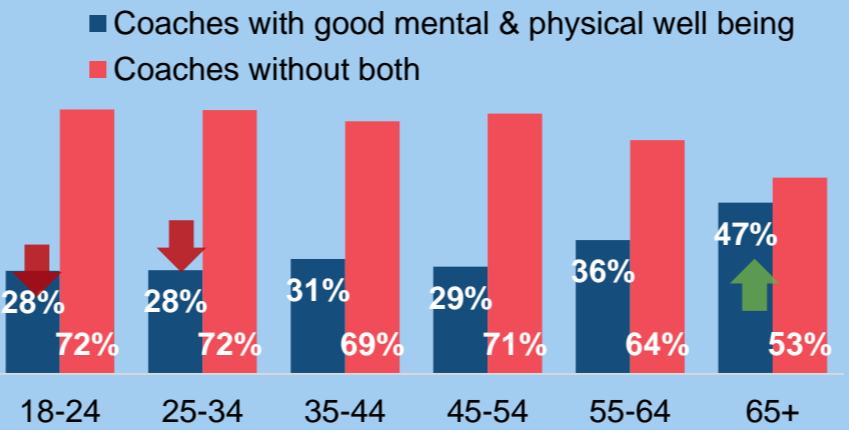


32% OF ACTIVE COACHES RATE THEIR MENTAL AND PHYSICAL HEALTH AS GOOD OR EXCELLENT

This compares with 18% who have never coached

AGE

Older coaches are more likely than coaches who are younger to feel they have good mental and physical wellbeing



GENDER

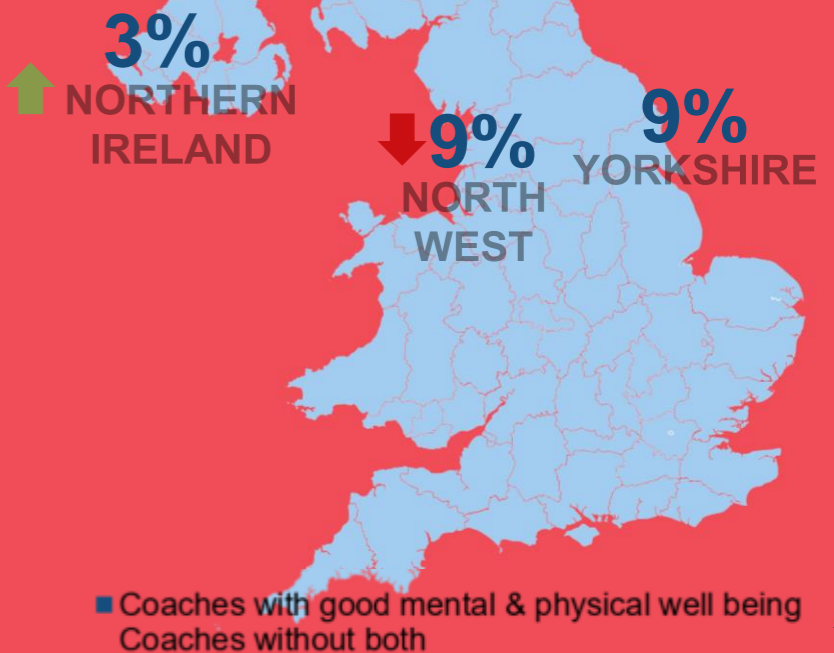
↓ 27% (73%) ↑ 35% (65%)

WOMEN MEN
■ Coaches with good mental & physical well being
■ Coaches without both



REGION

Coaches who live in the North West are less likely than average to report having good mental and physical wellbeing, those in Northern Ireland are more likely



SOCIAL GRADE

↑ 34% (66%)

Higher social grade

↓ 28% (72%)

Lower social grade

■ Coaches with good mental & physical well being
■ Coaches without both



DISABILITY

% whose day-to-day activities are limited by a health problem or disability

↓ 15%

COACHES WITH GOOD MENTAL & PHYSICAL WELLBEING

27%

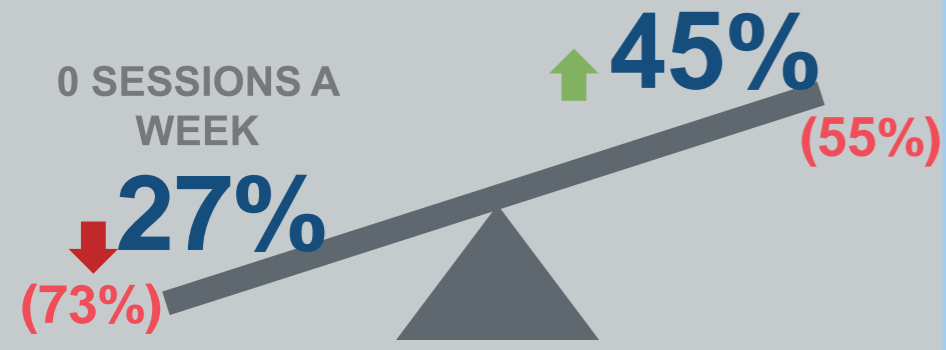
COACHES WITHOUT BOTH

COACHING

Coaches who would describe themselves as personal trainers are the most likely to have good wellbeing, those who are helpers, the least likely



Coaches running 6 to 10 sessions a week are the most likely to have good wellbeing compared with those running fewer sessions



■ Coaches with good mental & physical well being
 ■ Coaches without both

OCCUPATION

Three in ten coaches who are paid feel they have good physical and mental wellbeing. Coaches who only volunteer are the most likely to have good wellbeing

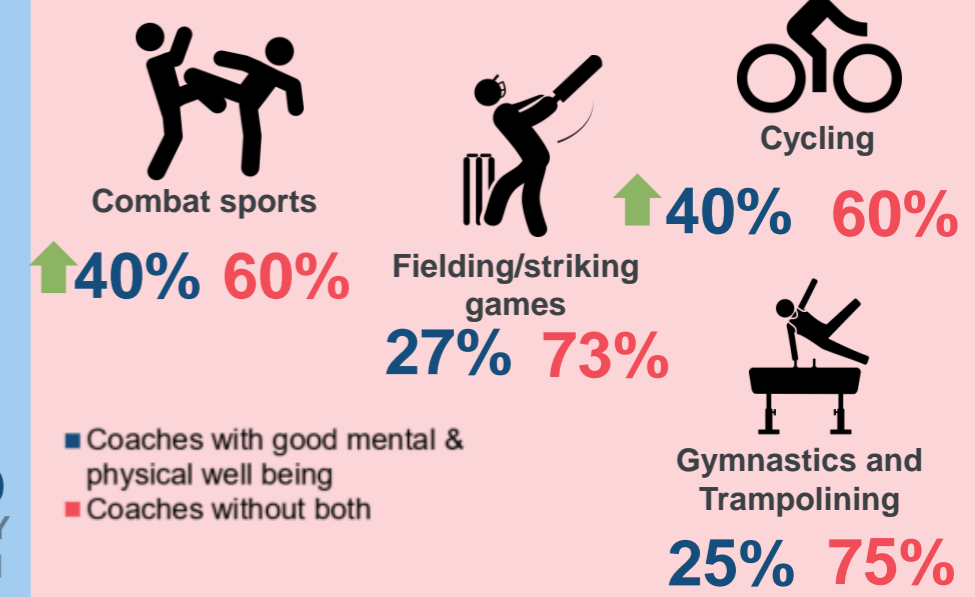


Coaches who are paid only (27%) are less likely to have good wellbeing than coaches who do a bit of both (37%)

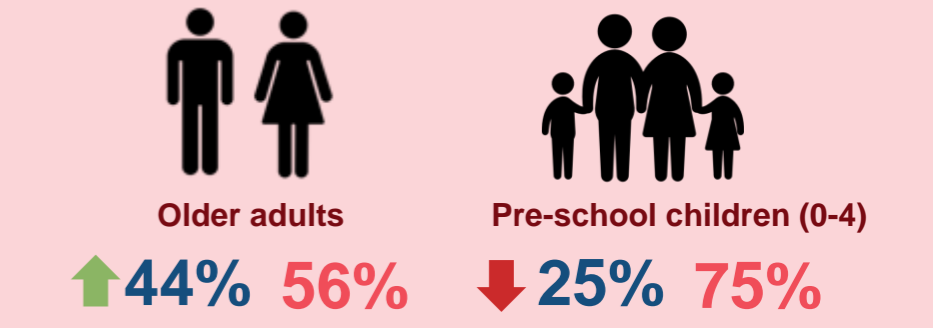


ACTIVITIES

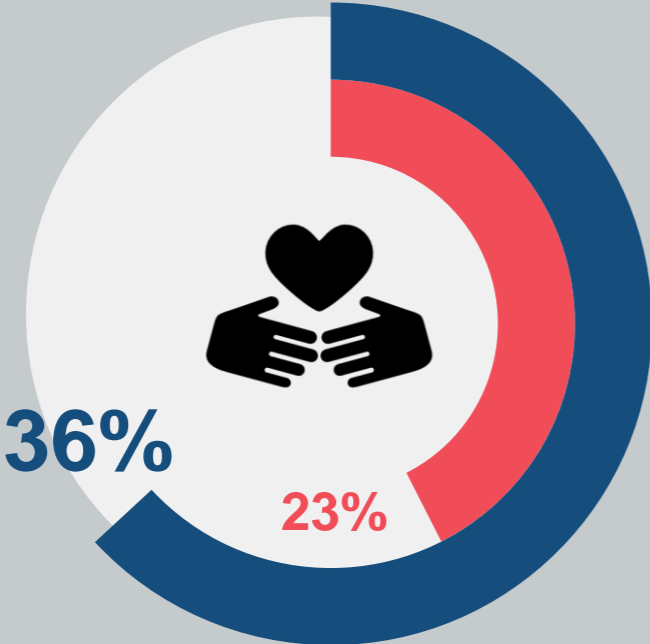
Those who currently coach combat sports and cycling are the most likely to have good wellbeing. Those who coach gymnastics or fielding/striking games, the least likely.



Those who coach older adults are the most likely to feel they have good wellbeing



COACHES WHO AGREE THAT THEY HAVE THE RIGHT RESOURCES OR EQUIPMENT TO COACH EFFECTIVELY ARE MORE LIKELY TO FEEL THEY HAVE GOOD WELLBEING



COACHES WHO SEE BUILDING CONFIDENCE AND SELF-ESTEEM IN THEIR PARTICIPANTS AS THEIR KEY ROLE ARE THE MOST LIKELY TO FEEL THEY HAVE GOOD PHYSICAL AND MENTAL WELLBEING

- Coaches with good mental & physical well being
- Coaches without both

