

# Workshops titles available to partners

| Title  | Description  | Length      |
|--|--|-------------|
| <b>Safeguarding and Protecting Children</b>                      | On this workshop/ online classroom, raise your awareness of the tell-tale signs of abuse, and gain the tools and confidence needed to deal with any issues sensitively, appropriately, and effectively | 3 hours     |
| <b>Safeguarding and Protecting Children for Young Coaches</b>    | This brand-new workshop/online classroom is for young coaches embarking on their coaching journey.   | 1.5-2 hours |
| <b>Safeguarding and Protecting Children for Young Volunteers</b> | New workshop/online classroom helping young volunteers confidently transition from participants to responsible volunteers in sport and physical activity.  | 1.5-2 hours |
| <b>Welfare Officer Training</b>                                  | Learn about the responsibilities connected with being a Welfare Officer, the skills needed to excel in the role, and how you can ensure that you're supporting and safeguarding children effectively.  | 3 hours     |
| <b>Safeguarding Adults</b>                                       | This workshop/online classroom will raise your awareness of how to safeguard adults effectively, ensuring that you have the confidence required to recognise and respond effectively to concerns.      | 3 hours     |
| <b>Coaching the Person In Front of You</b>                       | On this workshop, reinvigorate your approach to coaching children to support their development and growth.   | 3 hours     |

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| Title                                       | Description  | Length  |
|---|--|---------|
| <b>Coaching the Person in Front of You</b>  | On this workshop/online classroom you will explore how a commitment to taking a genuine interest in the people at your sessions is crucial to helping them thrive. | 3 hours |
| <b>Influencing Behaviour Change</b>         | On this workshop/online classroom, develop useful strategies to support people to get active and innovative nudge techniques to empower them to stay active.       | 3 hours |
| <b>An Introduction to Supporting People</b> | This two-part online classroom has been developed for anyone who wants to support coaches, at any levels of coaching, in any environment.                          | 3 hours |

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## Coach Learning Programme Topical Workshops (to be delivered in pairs)

| Title                                       | Description                                    | Length      |
|---|--|-------------|
| <b>Roles and Responsibilities</b>           | Developing Your Role as A Coach                | 1-1.5 hours |
| <b>Philosophy</b>                           | Developing Your Role as A Coach                | 1-1.5 hours |
| <b>Networks</b>                             | Developing Your Role as A Coach                | 1-1.5 hours |
| <b>Coaching Knowledge</b>                   | Developing Your Coaching Practice: Foundations | 1-1.5 hours |
| <b>Professional</b>                         | Developing Your Coaching Practice: Foundations | 1-1.5 hours |
| <b>Interpersonal</b>                        | Developing Your Coaching Practice: Foundations | 1-1.5 hours |
| <b>Longer-term Planning Approach</b>        | Developing Your Coaching Practice: Planning    | 1-1.5 hours |
| <b>Developmentally Appropriate Practice</b> | Developing Your Coaching Practice: Planning    | 1-1.5 hours |
| <b>Influences on Planning</b>               | Developing Your Coaching Practice: Planning    | 1-1.5 hours |
| <b>Practice design Skills</b>               | Developing Your Coaching Practice: Planning    | 1-1.5 hours |

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## Coach Learning Programme Topical Workshops (to be delivered in pairs)

| Title                                    | Description                                   | Length      |
|--|---|-------------|
| <b>Participant Centred Approach</b>      | Developing Your Coaching Practice: Coaching   | 1-1.5 hours |
| <b>Coaching Styles</b>                   | Developing Your Coaching Practice: Coaching   | 1-1.5 hours |
| <b>How to Coach Skills</b>               | Developing Your Coaching Practice: Coaching   | 1-1.5 hours |
| <b>Reflection</b>                        | Developing Your Coaching Practice: Reflection | 1-1.5 hours |
| <b>Understanding Individuals</b>         | Understanding the Individuals You Coach       | 1-1.5 hours |
| <b>Bio-Pycho-Social model</b>            | Understanding the Individuals You Coach       | 1-1.5 hours |
| <b>Belonging</b>                         | Understanding the Individuals You Coach       | 1-1.5 hours |
| <b>Planning for Coaching Individuals</b> | Understanding the Individuals You Coach       | 1-1.5 hours |
| <b>Relational Coaching</b>               | Managing Positive Relationships               | 1-1.5 hours |
| <b>Key Relationships</b>                 | Managing Positive Relationships               | 1-1.5 hours |

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| Title   | Description                         | Length      |
|---|-------------------------------------|-------------|
| <b>Communication</b>                              | Managing Positive Relationships     | 1-1.5 hours |
| <b>Developing the Coaching Team</b>               | Managing Positive Relationships     | 1-1.5 hours |
| <b>Factors Affecting the Coaching Environment</b> | Developing the Coaching Environment | 1-1.5 hours |
| <b>Power</b>                                      | Developing the Coaching Environment | 1-1.5 hours |