3. PUTTING IT INTO ACTION

3. CONNECTIONS & COMMUNITIES

- Increased self-awareness of coaching style
- Better understanding of how to best lead an athlete support team
- Leadership skills
- Better understanding of athlete emotional and cognitive development
- Communication skills
-2- Better access to interactive coach development resources
- Access to high quality coach development programmes
- More accessible coach mentoring programmes
- Better access to coaching courses
- Access to specific coaching qualifications

AUTHORS
Sonia Boland, High Performance Sport NZ
Professor Sarah Leberman, Massey University
Alida Shanks, Massey University

There needs to be more paid opportunities to really make a career and invest 100% into coaching. More coaching courses, mentoring and support networks built specifically for female coaches who are trying to work in a predominantly male environment.

WHAT WOMEN WANT FROM COACH DEVELOPMENT

4. TECHNICAL & TACTICAL

- Better understanding of data analysis for performance
- Technical skill development (sport specific)
- Technical knowledge (sport specific)
- Coaching techniques
- Leadership skills
- More face-to-face learning opportunities
- Positive feedback mechanisms to review and improve coach performance
- Access to specific coaching qualifications

AUTHORS
Tracey Bailey, Performance Sport NZ
Facebook Sales Consultant, Harvey Norman
Utah State, Utah State University

Survey respondent

Practical hands-on coaching
Art of coaching
Connections & communities
Technical & tactical
Equity of access

Being amongst other women who coach at all levels empowers and inspires me to keep striving towards coaching at a high performance level.

Jody Cameron, Tall Ferns coach (Photosport)

The reality is that pathways for coaching development for women in my sport are not well designed or managed.

Survey respondent

Survey respondent

Practical, hands-on coaching learning opportunities
Programme/campaign management
More face-to-face learning opportunities
Positive feedback mechanisms to review and improve coach performance
- Better access to intensive coaching development resources
- A focus on high-quality and well-designed programmes
- A focus on accessible and engaging programmes
- A focus on supportive and engaging programmes
- A focus on practical and engaging programmes
- A focus on specific coaching qualifications

AUTHORS
Tracey Bailey, Performance Sport NZ
Facebook Sales Consultant, Harvey Norman
Utah State, Utah State University

More women need to be in a position where they can do a job that empowers and inspires them to keep striving towards coaching at a high performance level.

Jo Aleh, coach of Nacra 17 yachting class at the Tokyo Olympics (Photosport)

Penny Castle (Equestrian) with Hannah Starnes (Rowing) at Te Hāpaitanga High Performance coaching programme (Photosport)

The reality is that pathways for coaching development for women in my sport are not well designed or managed.

Survey respondent

Survey respondent

Practical, hands-on coaching learning opportunities
Programme/campaign management
More face-to-face learning opportunities
Positive feedback mechanisms to review and improve coach performance
- Better access to intensive coaching development resources
- A focus on high-quality and well-designed programmes
- A focus on accessible and engaging programmes
- A focus on supportive and engaging programmes
- A focus on practical and engaging programmes
- A focus on specific coaching qualifications

AUTHORS
Tracey Bailey, Performance Sport NZ
Facebook Sales Consultant, Harvey Norman
Utah State, Utah State University

More women need to be in a position where they can do a job that empowers and inspires them to keep striving towards coaching at a high performance level.

Jo Aleh, coach of Nacra 17 yachting class at the Tokyo Olympics (Photosport)

Penny Castle (Equestrian) with Hannah Starnes (Rowing) at Te Hāpaitanga High Performance coaching programme (Photosport)