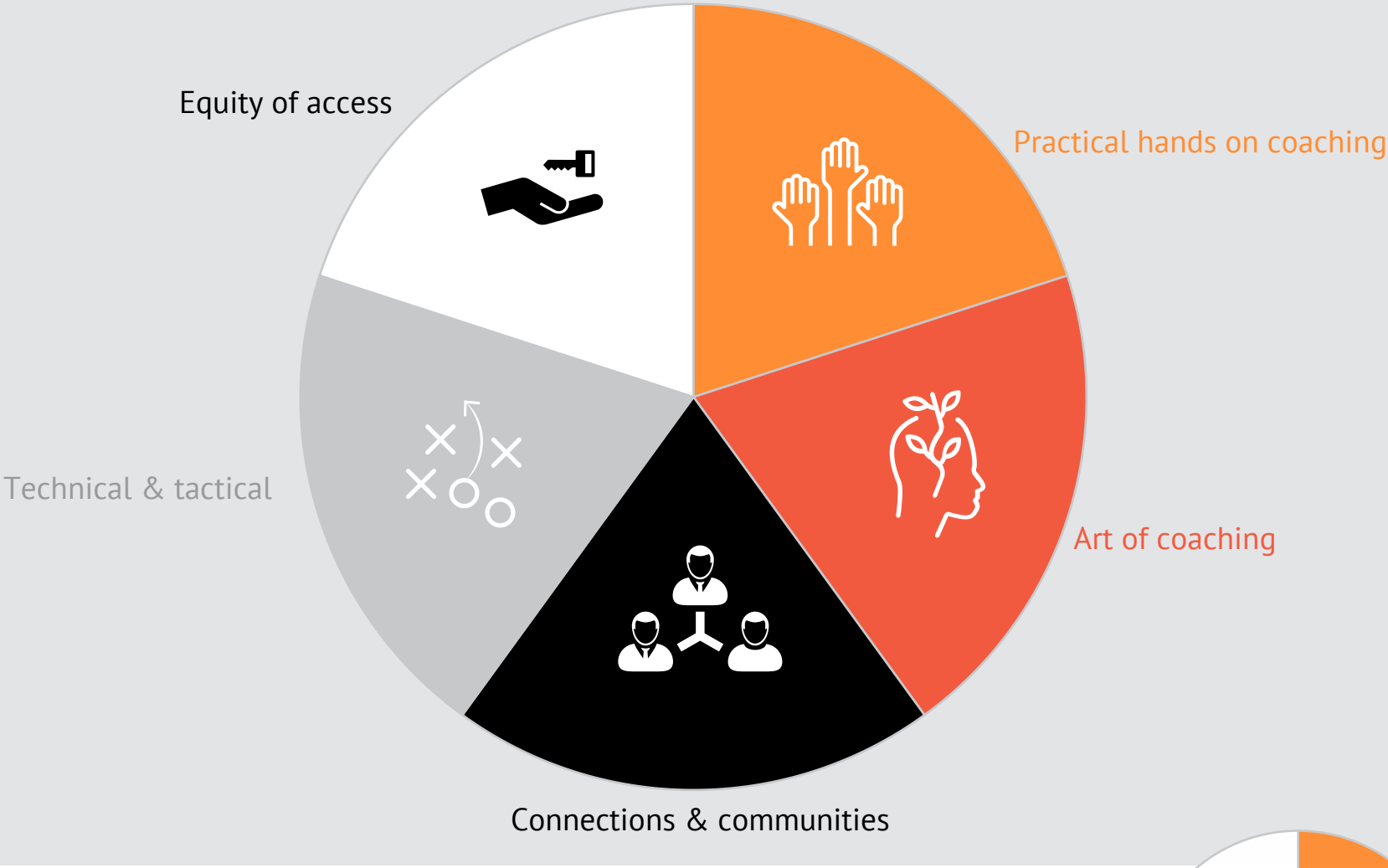


WOMEN COACHES IN AOTEAROA NEW ZEALAND

3. PUTTING IT INTO ACTION

WHAT WOMEN WANT FROM COACH DEVELOPMENT



Respondents ranked their top preferences for what they believe are the most important for each heading

1. PRACTICAL OPPORTUNITIES

- Practical, hands-on coaching learning opportunities
- Programme/campaign management
- More face to face learning opportunities
- Positive feedback mechanisms to review and improve coach performance



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

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

Survey respondent

2. ART OF COACHING

- 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



Jody Cameron, Tall Ferns coach (Photosport)

3. CONNECTIONS & COMMUNITIES

- Learning with other coaches from within your sport
- Learning with other coaches from outside your sport
- Guest speakers at coaching courses
- Better connections with other coaches
- Support from other coaches



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

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

Survey respondent

4. TECHNICAL & TACTICAL

- Better understanding of data analysis for performance
- Technical skill development (sport specific)
- Technical knowledge (sport specific)
- Coaching techniques



Mel Bosman, coach in the Farah Palmer Cup (Photosport)

“ 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.

Survey respondent

5. EQUITY OF ACCESS

- 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

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