

Women's Sport Leadership Academy High Performance Coach Project

WSLA HPC

UK

4 -24 November 2019



WHY

Female athletes at WRCh: 32% (2011) -> 46% (2019)

Female international umpires: 21% (2011) -> 29% (2019)

Female board members NFs: 15% (2011) -> 25% (2019)

Female FISA executive comm: 33% (2011) -> 50% (2019)

Female coaches: 26% (2013) -> 22% (2019)

At Rio Olympics: 6%

Examples of successful coach teams in women's rowing are mixed



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2018 - Scholarships

2019 - Scholarships

Women's Sport Leadership Academy WSLA



2015 - Scholarships

2016 - Scholarships



2017 Scholarships



Leadership





WSLA HP Coaches 2019 Residential Week Schedule

Sunday 3rd November 18.30-19.30 – dinner followed by a welcome event, networking and an orientation to the campus
Breakfast available. Access to gym, swimming pool and other physical activities



Sunday 3 rd November 18.30-19.30		Monday 4 th November		Tuesday 5 th November		Wednesday 6 th November		Thursday 7 th November		Friday 8 th November	
07.30-08.30		Know and grow yourself 08.30 Registration and networking 09.00 Welcome and introduction to WSLA HPC The day unfolds <ul style="list-style-type: none">Who you are and what you stand forWhat leadership means for youYour coaching philosophy		Build relationships 08.30 Meeting the challenge <ul style="list-style-type: none">Learning leadership through a physical activityWorking collaboratively in a teamTesting your leadership under pressure Creating the environment <ul style="list-style-type: none">Leading your coaching and support teamDeveloping reflective practice		Develop your potential 08.30 Growth mindset <ul style="list-style-type: none">Exploring the impact of mindsets on leadership behaviourImplications for your role Managing conflict <ul style="list-style-type: none">Adapting your approachesHaving difficult conversations Maximising your learning <ul style="list-style-type: none">Working with a mentor Communication fundamentals <ul style="list-style-type: none">Questioning and listening		Put your message across 08.30 Conscious career planning <ul style="list-style-type: none">Visualising the future planStepping through a career plan Communicating with impact <ul style="list-style-type: none">Developing presenceWhat's your brand?		Plan and prioritise Check out by 09.00am 09.00am Who's looking after you? <ul style="list-style-type: none">Balancing your commitmentsBringing the best you to the game Bringing it all together <ul style="list-style-type: none">Review of the weekNext steps	
13.00 Lunch		14.30 Personal development planning <ul style="list-style-type: none">Assessing strengthsAnalysing 360 feedback Challenge team activity <ul style="list-style-type: none">Goal setting		13.00 Lunch Networks that work <ul style="list-style-type: none">Making connectionsExtending your reachPeer support groups Challenge team activity <ul style="list-style-type: none">Goal setting – walk and talk		13.00 Lunch Learning from a high-performance environment <ul style="list-style-type: none">Observing other coaches and athletesAnalysing similarities and differences compared to your environmentEngaging with other coaches and athletesComparing philosophies and approaches		13.00 Lunch 14.30 Feel the fear <ul style="list-style-type: none">Performing to your potentialMaking an impact Communication <ul style="list-style-type: none">Being succinct, clear and credibleDeveloping compelling stories		12.30 Lunch 14.30 Be a phenomenal woman <ul style="list-style-type: none">Being your best self 15.00 Depart WSLA 📍	
19.30 Evening meal		19.30 Evening meal		19.30 Evening meal		19.30 Evening meal		18.30 Evening meal and guest speaker		18.30 Evening meal and guest speaker	



Concept

1st pilot 2019/2020

Olympic Solidarity/NOC: scholarship (travel, tuition, course)

IFs: accommodation, sport specific costs, coach conferences

NFs support: application, career path,
national/regional female coaches network



Experience and Future

