



CPD Workshop for Coaches

- Aligned to the new Government Sport Strategy
- Embedded in Coaching Plan for England
- High quality, inclusive, innovative learning content
- Tips, tricks & takeaways for practical application
- Thought leading insight from Allied Health Professionals
- Motivational and relevant case studies

Sport for Confidence was established in 2015 and formally launched in the Autumn of 2016. The business is formally constituted as a social enterprise and is founded by a unique partnership between a Senior Occupational Therapist and a Skills Expert operating in the sport and leisure marketplace.

Sport for Confidence delivers a range of services and interventions which champion, promote and facilitate a more inclusive sport and leisure landscape for adults and young people with learning disabilities.

Introduction

The business delivers programmes which encourage people with and without learning disabilities to participate together in sport and physical activity groups. The original programme was designed through a unique partnership between the Occupational Therapy Learning Disability Service (South Essex Partnership University NHS Trust) and Basildon Sporting Village.

Activity sessions are not considered nor promoted as disability sport and are open to all members of the community. This approach is also championed by Special Olympics through their Unified Sports programme which was inspired by the principle that 'playing together is a quick path to friendship and understanding'.

There is a customer charge of £2.20 to attend each session which is collected by front of house staff through the usual mechanism for entering the facility. Revenue is used to pay for the coaching resource and the current model ensures sports hall hire and facilities are offered as value in kind.

The role of the health professional in the programme is to contribute specialist knowledge and advice regarding the delivery of activity for adults with learning disabilities, to mentor and observe coaches and instructors, and to realise opportunities for assessment and intervention relevant to participant attending the sessions.

Within this framework, Sport for Confidence personnel work closely with leisure and sport professionals to ensure the needs of the clients are met and that there is regular communication, self-reflection and mentoring across the team. This process includes establishing a communications book for front of house staff and featuring the groups as a set agenda item for therapy team meetings.

Our Mission

Sport for Confidence is a proven model for supporting people with learning disabilities to access positive opportunities to engage in an inclusive sport and physical activity programme.

Our Principles

- Supports leisure centres, mainstream sports groups and community facilities to deliver the reasonable adjustments they need in order that people with learning disabilities, Asperger's syndrome, mental health difficulties and those with additional support needs can access facilities on an equal basis to their peers;
- Develops a community that provides appropriate activity environments in which learning disabilities professionals can assess and deliver therapeutic interventions for individuals through physical activity and sport. This is part of a graded approach and can include progressing from specialist groups to mainstream activities, whilst also realising additional health benefits;
- Mentors, trains and supports sport and leisure professionals (coaches, instructors, membership consultants front of house teams, volunteers) to adapt their behaviours and professional practice to become more inclusive, accessible and client focused.

Inclusive Sport - Physical Activity and Life Skill development

This workshop introduces how specialist healthcare professionals can mentor, train and support coaches to adapt their behavior's and professional practice to become more inclusive, accessible and client focused. The workshop identifies the ways in which Sport for Confidence has supported coaches to learn from other professions; identify and amplify unique practice; deliver outcomes across public health / social work; and design cutting edge professional development opportunities for all those helping make sport and physical activity happen at a local level.

Learning Objectives

- Understand principles and values of Sport for Confidence;
- To consider the concept of occupational performance in your coaching practice;
- Understand the meaning of 'reasonable adjustments' and impact on participation;
- Principles of grading, activity analysis and adapting the environment;
- To be able to confidently communicate inclusively before, during and after training
- To be able to identify ways in which you can make your behaviors and delivery style more inclusive
- Opportunities for case study discussions to support learning.

Duration: 4 hours

Group Size: 8-20

Group Cost: £850 for up to 20 delegates

Individual Cost: £75 per person

Bespoke and tailored solutions are also available, please contact us for pricing options.

All prices exclude VAT and travel expenses

All workshops are available for delivery across the UK.

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We have been working with Sport for Confidence to deliver training for P.T's to help guide them on how to work with people with learning disabilities, and how to adapt their delivery to meet their needs. This fantastic opportunity to help develop this workforce has helped us create more inclusive opportunities in the county.

Coaching Development Manager,
Active Essex

