

# the leisure review

## Coaching Insight

**Coaching is a people business: the power dynamic in the coaching relationship**

A half-day seminar exploring and shaping the future of coaching.

**1.30 pm to 4.30 pm • 1st November • Nottingham University**

*presented in partnership with Nottinghamshire County Council and Sport Nottinghamshire*



*Coaches are increasingly being encouraged to make their sessions “athlete-centred”, but how far down the line can most coaches afford to go? Many coaches use “Ask “ rather than “Tell” but how many ask questions they don’t know the answer to? And how many of us ever really “Delegate”? With the help of speakers from four very different contexts we will ask “Who has the power?”*



This seminar is an invitation to debate current issues in coaching with colleagues facing similar challenges to your own and learn about and share ideas and solutions. We have invited four expert contributors but have left plenty of space for you to interrogate what they have to say, debate what it means for you, talk about your issues and spend time networking with people from a variety of sports and contexts. We would expect to challenge the thinking of and offer inspiration to self aware coaches operating at UKCC Level 2 and beyond.

\*By incorporating this **Coaching Insight** seminar into the Nottinghamshire Club, Coach and Development Programme, we are able to offer places **FREE** to coaches who are **resident and/or active in Nottinghamshire**.

**Other places are just £15.00 and for more details or to book directly with TLR Communications ring Mick Owen on 07944 605508 or email him at [mickowen@tlrcomms.co.uk](mailto:mickowen@tlrcomms.co.uk)**