

Helping the girls to get more involved

Have you ever thought that the women you are coaching could help you out?

Are there some women in your session who have the skills and motivations to support you to run or organise your sessions for you?

If you don't ask, you will never know. If we want more people to be active we will need more people to run sessions and support women and girls to get more active.

Who better than the participants themselves?

They are passionate about what they do, they know the group, and they can identify with their motivations. If people are coached, they are more likely to become coaches themselves. Women are currently under-represented in coaching, so why not help us find more great women to run more sessions for more people.

Using the right language

- **Avoid talking about 'coaching' – they are helping out. The word 'coach' may put some women off**
- **Ask your group if anyone wants to help you out throughout the session. Talk about help with setting up the equipment or working with some of the groups during the session**
- **Have an informal chat with whoever is interested after the session and explain to them what you need help with.**
- **Ask them how they would like to be involved**
- **Explain any commitment needed, if any – try to keep it commitment free in the beginning**
- **Send a text or message the day before the agreed session to let them know you are looking forward to seeing them and do they have any queries.**

Finding the right activity

- **Find out what might motivate some of the women in your session to help out. Are they interested in helping others feel welcome or be a buddy to someone new? Do they have any other skills that would add value and sparkle like organising charity events, website design, taking photographs to put on social media, encouraging new people to come to the session, etc.**
- **Make sure you have a useful role for them. Once they have agreed to help, it is important you have a role for them.**
- **Start small with no pressure to continue if it turns out not to be for them.**
- **Some women might want to start by being a buddy to new people or helping explain the rules/route/how the group works to new people on a one to one basis. This is a good start and helps support you to provide a warm, friendly and welcoming session.**
- **If they are setting out equipment, even if they have used it often, always check it is safe for the rest of the group. It is your responsibility to provide a safe activity space.**

- **Make sure you explain the task or role clearly. Demonstrate or provide an activity card if necessary. Explain why you need them to do this job and what it is for.**
- **Answer questions simply and check for understanding**
- **If they are supporting a specific group, explain what you are aiming for them to achieve. Keep an eye on the group and step in if you see inappropriate guidance or support. Remember, the group's safety and development are your responsibility**
- **Be aware of not taking them away from what they truly love (taking part). Think about blending their participation with helping out.**
- **After each session check they have enjoyed what they have done and ask them if they want to be involved again at the next session**
- **Remember to thank them for their support and provide feedback positively. Show them their help is valued.**

Helping them make their next step

- **You can support them to develop their coaching skills. If they want to progress, give them the opportunity to do so. If they don't, that is fine. Their help is valued either way**
- **Don't push them into thinking about coaching but explain that they have some great skills that can be used in coaching to help develop others**
- **Do your homework: Find out what support is available either from your governing body or from your county sports partnership (CSP) to help them develop further. Provide named contact details and maybe some questions that you would recommend asking.**
- **Be a role model to them. Show them how to be a good activator, leader or coach at your sessions. Help them to learn by your example.**