



Women's Coaching Pathway

What is the Women's Coaching Pathway?

The Women's Coaching Pathway is an exciting collaborative programme between Athletics Ireland, Cycling Ireland, Irish Athletic Boxing Association (IABA), Rowing Ireland and Triathlon Ireland. The programme gives females the opportunity to improve their knowledge, expand their network and develop leadership and coaching skills in a supported, collaborative environment.

The programme launched in 2020 and over the last two years 55 female coaches from Athletics, Rowing, Triathlon, Cycling and Boxing have received support in personal and professional development, mentorship, coach education and co-coaching experience. The programme has been successful in progressing coaches along the pathway and participants reported increased confidence, understanding of their coaching style and feeling part of a support network.

Who is the Women's Coaching Pathway for?

We are looking for ambitious females who are looking to develop along the coaching pathway in their respective sport. We want coaches who are hungry for knowledge, a passion for sharing experiences and a desire to progress themselves, their sport and their athletes. Six coaches per sport will be selected.

Coaches must;

- Be over 18 years of age
- Be a member of their Governing Body
- Preferably be active in coaching
- Attend all workshops (on-line and in person)
- Actively engage in the coach development opportunities throughout the programme
- Actively engage with mentoring and active learning sets as part of the coaching process
- Implement their learnings within their club
- Proactively seek advice and support from the network, Women in Sport lead and stay in contact with them throughout the programme.

What are the benefits of the Women's Coaching Pathway?

Coaches will receive the following support as part of the programme:

- Personal Development Coaching Workshops with Jo Hopkins Consulting
- Access to on-line materials and videos
- Access to further CPD opportunities
- A trained Mentor
- Multi sport networking opportunities

- Support from their respective NGB's Women in Sport Officers.

What does the programme cover?

- Leadership Dynamics
- Team Dynamics
- Authentic Leadership Under Pressure
- Leading Change
- My Personal Resilience
- Building My Network
- Coaching Skills

What does the programme cost?

The programme is being fully funded through Sport Ireland Women In Sport programme. The value of the programme is around 750 Euro per coach and includes on-line material, mentor support, face to face workshops, virtual sessions, networking opportunities and further development post course through continued group support.

How do I apply?

Complete the following application form by **Sunday 21st August** If you have any questions on the programme please contact your respective programme lead as detailed below. We will let you know by Friday 26th August if you have been successful.

Workshop and On-Line Key Dates

Workshop 1 (in person) 24th September 9:30am - 4:30pm Dublin, Venue TBC

All virtual session below are Wednesday evenings from 6:30-8:30pm

12th October Virtual session

16th November Virtual Session

14th December Virtual Session

18th January Virtual Session

15th February Virtual Session

Workshop 2 (in person) 4th March 9:30am - 4:30pm Dublin, Venue TBC

Programme Leads

Athletics	Lilly Ann O’Hora	Lillyannohora@athleticsireland.ie
Boxing	Louise McKenzie	louise.welsh@iaba.ie
Cycling	Elaine Cahill	elaine.cahill@cyclingireland.ie
Rowing	Ceara O Connor	womeninsport@rowingireland.ie
Triathlon	Anna Grealish	anna@triathlonireland.com

[Application Form HERE](#)