

Active Coach Day

Kinnoull Hill, near Perth

Saturday 20th September 2014



The main aims of today are to share ideas on use of familiar areas, and to improve confidence in coaching delivery, along with identifying techniques for reducing time spent on planning and preparation (without loss of quality of the session!).

Schedule for the day

- 10:00 Meet at Kinnoull forest classroom
welcome chat over tea/coffee/cake (especially if you bring some)
- introductions, identify individuals' areas of expertise, note particular required outcomes from the day
- 10:05 Reminder of intended outcome of year's CPD sessions
- 10:10 Ideas for speeding up session planning and preparation – discussion
- 10:30 Using a familiar area – advantages and disadvantages, techniques for maximising technical challenge – discussion
- 10:50 coffee etc. break
- 11:00 Practical – plan & set up activities
- Lunch
- Continue practical – deliver and review sessions, complete card templates
- 15:30 Discussion/reflection time
- 16:00 close