

# North East Women and Girls Coaching Conference 2016

- for coaches of women and girls and female coaches, focusing on the engagement, development and retention of women in sport and physical activity.



# WOMEN AND GIRLS COACHING CONFERENCE 2016

Wednesday 5th October  
East Durham College,  
Peterlee Campus  
5.30pm – 9pm  
Price: £25pp



For further details and to book a place please go to

[www.necoursefinder.org](http://www.necoursefinder.org)

# This Conference is being delivered in partnership by County Durham Sport, Northumberland Sport, Tees Valley Sport and Tyne & Wear Sport

## Introduction

sports coach UK will share their research around the key social and cultural barriers that influence women's and girls' participation in sport and physical activity and how this knowledge can affect the way you coach. This will also highlight their REACH campaign which is focusing on inspiring more women to get into coaching and also make sure that once you are coaching, you are fully supported and stay motivated.

## Workshops

You will be able to attend any 2 of the following workshops. Please indicate your preferred workshops at time of booking but please bear in mind places are allocated on a first come first served basis.

### Engaging and retaining women and girls

This interactive workshop looks to equip coaches and leaders with practical ideas on how to best engage women and girls in sport and physical activity sessions, sharing the latest insight from StreetGames successful Us Girls programme. The workshop covers what works to both engage and retain female participants and is aimed at those coaches and leaders with an active interest in engaging women and girls in sport at the right time, for the right price, to the right place and in the right style.

### Influencing and motivating women and girls to take part in sport & physical activity

This workshop will help raise awareness of your own Emotional Intelligence in order for you to understand and consider some of the key factors, including emotional health and wellbeing, and your Club's environment; which will influence and motivate behaviour change and support women and girls to become more active more often.

### Injury prevention for women returning to sport

Women are two to six times more likely to suffer an injury than men, depending on the sport, and in particular, women are more prone to knee injuries. Injuries decrease the amount of time women can spend in activities, lower fitness levels and impact participation. In this workshop learn simple and effective ways of preventing or eliminating the chances of injury for women returning to sport.

### Enabling and empowering female coaches

The workshop will discuss the enabling and motivating factors and explore what support is out there for female coaches. Claire Robinson will inspire you by sharing her experiences of how she became an elite coach and FA coach mentor.

## Conference Timetable:

5.30pm – 6.00pm	Registration / Refreshments
6.00pm – 6.30pm	Introduction
6.35pm – 7.35pm	Workshop 1
7.35pm – 7.45pm	Workshop Transfer
7.45pm – 8.45pm	Workshop 2
8.45pm – 9.00pm	Closing remarks and evaluation
9.00pm	Conference ends



### How to get there:

East Durham College, Peterlee Campus, Willerby Grove, Peterlee, SR8 2RN  
[http://www.eastdurham.ac.uk/how\\_to\\_find\\_us](http://www.eastdurham.ac.uk/how_to_find_us)