

COACHING MATTERS

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MENTAL HEALTH AWARENESS FOR COACHES

With one in four people in the UK experiencing a mental health problem each year, Coaches are often first in line to observe those who might be facing such difficulties.

Education and training programmes are now available for Coaches and racing's workforce to equip them with the skills to support those experiencing mental health problems.

An extended programme of subsidised training is being offered by Racing Welfare.

Faye Bainbridge, a recent graduate of the Middleham cohort of Rider Coaches, recently qualified as a mental health first-aider. Faye, who is currently on maternity leave, saw this as a fantastic opportunity to build her coaching portfolio and learn new skills to help those she is coaching. For more information on how to access these courses, please contact Sam Trainor at S.Trainor@theNHC.co.uk or Racing Welfare.



NOVEMBER DATE FOR MENTAL HEALTH COURSE

A half-day Mental Health Awareness course will run out of Tom Dascombe's yard in the Midlands on Wednesday 20 November from 1–5pm.

The cost of the course is £25.50 with a light lunch and refreshments provided. For more information contact aferguson@racingwelfare.co.uk or 07971 675 729.

The course is designed to increase mental health awareness and give an understanding of how to look after well-being and challenge stigma. When you complete your course, you will get a certificate of attendance and a manual to keep and refer to whenever you need it.

COACHING THE COACHES

Sue Ringrose has been the backbone of coach training in the racing industry. She has achieved 100% success rate for coaches she has trained when they undertake assessment.

Sue's calm, thoughtful approach inspires confidence in those she is coaching. She is able to adapt her training to meet the needs of her trainee coaches and encourages a positive 'can do' attitude.

One of Sue's favourite quotes is: "Everyone has potential – a great coach makes time and effort to find the key that unlocks it."

JOCKEY COACHING – THE ROAD TO SUCCESS

The panel of Jockey Coaches attended the northern Jockeys' Seminar in Wetherby on 16 October, which proved a valuable opportunity to share experiences, hear from BHA officials and standardise coaching methodology.

A course walk at Wetherby Racecourse gave the Coaches an opportunity to discuss the key aspects of course walks and to standardise their approach to this important activity.



A presentation by Will McConn focused on the importance of supporting athletes during 'transition' periods within their career. For Jockeys, this might include transitioning from racing groom to apprentice; or claimer to full profession. Each of these periods can bring additional challenges, pressures and lifestyle changes. It was enlightening to learn how much an athlete can depend on their coach during the lows as well as the highs.

Will's final points were powerful and thought-provoking:

- Jockeys' careers are precarious (self-employed and also physically and financially uncertain).
- Jockey Coaches – the importance of having 'no skin' in the game (confidentiality, empathy, impartial advice).
- Beyond the technical and tactical, Jockey Coaches can provide lifestyle support (experience and interpersonal skills).
- Coaching – is the number one factor in sporting improvement.

Congratulations to a strong coaching partnership.



Champion Jockey, Oisin Murphy with proud Jockey Coach, John Reid.

RIDER COACHING EXTENDS ITS REGIONAL REACH

This autumn, Level 1 Rider Coach training has been offered to senior staff who are based in Newmarket and Lambourn.

We are delighted to be working with HEROS Charity to deliver this course within their fantastic facilities. This course is totally free and is an invaluable asset to those mentors and senior staff in the yard who are keen to assist those less-experienced staff to progress.

During 2020 two residential courses will be offered, starting with the first course in February at the British Racing School 16–21 February and a second course in the summer at the National Horseracing College. These courses are ideal for staff who work in outlying areas and are keen to achieve recognised coaching qualifications. First aid and safeguarding training are included within the course programme and all training and assessment costs are met through industry funding. To register your interest, please contact Sam Trainor at S.Trainor@theNHC.co.uk



DEVELOPING A COMMUNITY OF COACHES

Coaching can be an isolated activity. Regular communication and networking with other Coaches is a welcome and important action.

This autumn, graduated cohorts of Rider Coaches in the north are set to attend a coaching community lunch. During this informal lunch, the Coaches will be encouraged to form a supportive network for Coaches in the racing industry. Aims of the group are to share good practice, exchange positive news stories and coaching scenarios, and access support and information on further continuous professional development (CPD) opportunities.

The Coaches will be provided with the opportunity to work with Racing Welfare to form their own Personal Development Plan. Those Coaches keen to progress onto their Level 2 Rider Coaching qualifications will also be able to find out what this will entail with Coach Educator, Sue Ringrose.

