



COACH DEVELOPMENT

This document outlines courses available to support the continued learning and development of volunteers across Scotland.

Click on each icon for more information and to sign up via the Brightspace learning platform...

1.  Supporting Female Performance in Sport 	2.  Professional Relationships with Young People 	3.  Importance of Interpersonal Skills 
4.  Supporting Women in the Media 	5.  Performing Parents/Carers 	6.  Communication and Working Relationships in Sport 
7.  Engaging Young Women and Girls in Sport 	8.  Common Child Wellbeing and Protection Issues in Sport 	9.  Collective Leadership 
10.  Menstrual Cycle in Sport 	11.  Exercise and Mental Health 	12.  Exploring Sport Coaching and Psychology 

CPD: Supporting coaching to be confident at what they do

● Knowing Yourself ● Knowing Others ● Knowing Coaching

Find out more on **sportscotland's** Effective Coaching Map

13.



Foot Health



14.



Understanding Talent



15.



Understanding Imposter
Syndrome



16.



Introduction to Child
Psychology



17.



Safeguarding in a
Digital World



18.



Coaching Others to
Coach



19.



Child Mental Health
and Wellbeing



20.



Developing Team and
Club Culture



21.



Introduction to
Co-ordination and
Control



22.



Introduction to LGBTIQ+
Inclusion in Sport



23.



Nutrition, Sleep
and Travel



24.



Tackling Racism
in Sport



25.  Introduction to Physical Literacy in Sport ● ●	26.  Motivation ● ●	27.  Introduction to Challenging Racism in Sport ● ● ●
28.  Introduction to Growth and Maturation for Coaches ● ●	29.  Recruit People Who Make Sport Happen ● ●	30.  The Athlete Journey ● ●
31.  Play Their Way ● ●	32.  Positive Coaching - Mastery (Scotland Plus) ● ●	33.  Positive Coaching - Mindset (Scotland Plus) ● ●
34.  Science of Learning: Make the Most of Every Interaction ● ●	35.  Learning from Sport Burnout and Overtraining ● ●	36.  Developing Resilience ● ●

For more information on CPD opportunities for volunteers please contact Bowls Scotland Coach and Volunteer Manager, Adam Martin, via:

adammartin@bowlsscotland.com

07591 825 874

