

KNOWING YOURSELF

KNOWING OTHERS

KNOWING COACHING

Click on the icons for more info / enrolment.

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|--|---|---|---|
| <p>1.</p>  <p>Understanding Imposter Syndrome</p>  | <p>2.</p>  <p>Importance of Interpersonal Skills</p>  | <p>3.</p>  <p>Communication & Working Relationships in Sport</p>  | <p>4.</p>  <p>Collective Leadership</p>  |
| <p>5.</p>  <p>Coaching Others to Coach</p>  | <p>6.</p>  <p>Play Their Way</p>  | <p>7.</p>  <p>The Menstrual Cycle in Sport</p>  | <p>8.</p>  <p>Science of Learning: Make the Most of Every Interaction</p>  |
| <p>9.</p>  <p>Child Mental Health & Wellbeing</p>  | <p>10.</p>  <p>Safeguarding in a Digital World</p>  | <p>11.</p>  <p>Introduction to LGBTQ+ Inclusion in Sport</p>  | <p>12.</p>  <p>Supporting Female Performance in Sport</p>  |
| <p>13.</p>  <p>Supporting Women in the Media</p>  | <p>14.</p>  <p>Introduction to Child Psychology</p>  | <p>15.</p>  <p>Exploring Sport Coaching & Psychology</p>  | <p>16.</p>  <p>Engaging Young Women & Girls in Sport</p>  |



The Athlete Journey



Common Child Wellbeing & Protection Issues in Sport



Grassroot Concussion Guidance 'if in doubt, sit them out'



Performing Parents / Carers



Positive Coaching - Mindset (Scotland Plus)



Positive Coaching - Mastery (Scotland Plus)



Introduction to Co-ordination and Control



Introduction to Growth and Maturation for Coaches



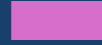
Developing Team and Club Culture



Training for Speed and Power in Sport



Training for Endurance in Sport



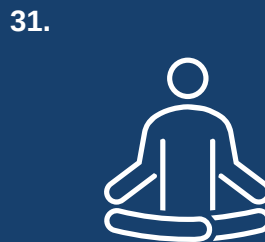
Learning from Sport Burnout and Overtraining



Professional Relationships with Young People



Motivation



Exercise & Mental Health



Developing Resilience



Intro to Physical Literacy in Sport



Nutrition, Sleep & Travel



Tackling Racism in Sport



Intro to Challenging Racism in Sport

