

WORKSHOP TITLE	BRIEF DESCRIPTION
Safeguarding & Protecting Children (3hrs)	This workshop will raise your awareness of the tell-tale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.
Equity in Your Coaching (3hrs)	Promote equality and diversity by raising your awareness of equity and fairness issues in sport and physical activity.
How to Coach Disabled People in Sport (2 hrs)	Broaden your skills and make your sport or physical activity sessions accessible to everyone.
Safeguarding & Protecting Children in Martial Arts	This workshop takes into account the terminology used within Martial Arts clubs and makes some of the scenarios used in the traditional workshop specific to Martial Arts.
Behaviour Change Tactics Package	Learn useful strategies to help people get active, and innovative nudge techniques to ensure they stay active
How to Coach Fundamentals of Movement	The objective of this workshop is to help coaches, teachers and parents understand the importance of developing fundamental movement skills in children and beyond. The content of the workshop reflects contemporary evidence and practice in how best to promote the development of movement skills in children and beyond and has been authored by global experts Dr Jon Oliver and Dr Rhodri Lloyd from Cardiff Metropolitan University.
A Guide to Mentoring Sports Coaches (3hrs)	This workshop will help you support coaches' learning and focus on how learning occurs. The tools you will be shown will help you record the relationships built through mentoring programmes and are adequately flexible to fit within any mentoring framework.
Coaching Children (5-12): The Next Generation	This workshop incorporates the latest research on essential topics that are intrinsic in the coaching of children between the ages of 5 and 12.
Effective Communication Coaching Deaf People in Sport (3hrs)	This workshop will give coaches hands-on experience, and the chance to improve their communication skills in different situations. This will develop their confidence and help put them in a position where they are able to support any deaf participant they encounter in their coaching career, just as much as the next player.
How to deliver engaging sessions for adults: A practical guide for developing adults through sport	Expand your knowledge to support positive experiences for adults and ensure sustained participation.
How to Deliver Engaging Sessions for Young People	This is a practical-based workshop that will develop your coaching to help you better meet the needs of the 14-25 year old age group.
Inclusive Coaching: Disability (3hrs)	This 3-hour workshop, developed in partnership with Activity Alliance, will equip you with the skills to engage disabled people and people with long-term health conditions more effectively in activities – but actually just make you a better coach!
Keeping Safe in Sport: Safeguarding for Young Volunteers (13+) (2hrs)	This workshop is for young people (aged 13-17) involved in volunteering activities, but are too young for the adult 'Safeguarding and Protecting Children' certification.
Coaching the Person in Front of You (3hrs)	This workshop will give you a deeper awareness of why great people skills are an intrinsic part of being an effective coach. You will explore three core principles – understand, connect and thrive.
What is Talent?	This is the first of four workshops in the Talent Foundation Series and is for high-performing coaches with an interest in talent development, working, or having a desire to work, with emerging athletes within the England Talent Pathway. You will explore the definition, understanding and latest research associated with talent in sport, discussing the implications for you and your athletes/players with coaches from other sports
A Head for Talent	This is the second of four workshops in the Talent Foundation Series. You will explore the key concepts and challenges of growth mindset and attitude, discussing the implications for you and your athletes/players with coaches from other sports.
Talent Across the Ages	This is the third of four workshops in the Talent Foundation Series. You will explore the different types of ages that are present within developing talented athletes/players and discuss the implications for you and your coaching practice.
Getting Better, Better	This is the fourth workshop in the Talent Foundation Series. You will explore some of the key concepts and challenges in talent development, and discuss the implications for you and your athletes/players.
Time to Listen	Time to Listen is a 3-hour course for Club Welfare Officers (CWO). CWOs must have attended a Safeguarding and Protecting Children workshop. The workshop looks at the role of the CWO and how it could work within your club and what support the CWO can get from their NGB and outside of Sports.
Emergency First Aid for Sport (3hrs)	This workshop is a basic first aid course. It will provide you with knowledge of how to assess an incident, and what to do next, the latest resuscitation techniques and how to deal with sprains and strains.
First Aid in Sport (1 day)	This course is run by an HSE registered trainer and covers all the requirements for the Appointed Persons qualification and looks at further scenarios more specifically found in the sporting field. You will learn how to deal with the types of emergencies that can occur in the sporting environment, and how to assess an incident and the latest resuscitation techniques.