

“Building awareness, responsibility and self-belief is the goal of a coach”.

Teaching/Instructing

Ideas or principles taught by an authority.

To Teach Show or explain to someone how to do something.

To Coach Prompt or urge someone with instructions.

What is coaching?

Timothy Gallwey in his series of books on 'The Inner Game' is very clear: "Inner Game coaching is unlocking a person's potential to maximize their own performance; helping them to learn rather than teaching them".

Sir John Whitmore in 'Coaching for Performance', probably the best single book available about coaching is quoted above in red.

Kinds of coaching

It is important to appreciate the differences between instructing (teaching), coaching and mentoring.

Instructing or teaching deals largely with the dissemination of knowledge.

Coaching deals primarily with skill building.

Mentoring deals with issues around careers and life. A mentor is one who helps shape the outlook or attitude of the individual.

Roles of a coach

As a Coach you will find yourself needing to assume a variety of roles in order to incorporate the SEL principle into your coaching, some of these might include:

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| Instructor | Directing activities |
| Teacher | Passing on information and empowering paddlers' development |
| Motivator | Creating a positive learning environment |
| Friend | Supporting the paddler |
| Manager | Organising and planning |
| Social Worker | Counselling and advising |
| Scientist | Analysing, evaluating and problem solving |
| Student | Continuing to develop your own skills |
| Guardian | Looking after the safety and well-being of participants |

Remember the Paddler Centred approach – most paddlers will require all of these jobs to be fulfilled at some point.

