

THE COACH'S VOICE

1. Introductory Program

For level 1 Coaches who are looking to develop their group competency skills, team communication, team leadership, broader management of both parents and children. Develop knowledge, coach communication, mental health as well as balance in coaching literacy. The Introductory Program is a core program to build the confidence of coaches at different stages, by building a cohesive team within the workshop. The program focuses on:

- Understanding drivers.
- Personality differences.
- The sociology of coaching.
- Multiple stakeholder management.
- Coaching and person environmental adaptation skills.
- Building your coaching interpersonal framework skills and knowledge of athlete resilience paradigms.
- Be informed about resilience, drive and mental agility for athletes, and how to utilise skills in your coaching to generate this in athletes.

A course that encompasses the beginning of the coaching journey, equipping coaches with the tools to begin to have impactful coaching sessions, the coaching language, resilience, and soft skills to foster athlete development.

2. Professional Coaches Program

The Professional Coaches Program is a more complex program, supported by a small workbook to extend the learnings. It is designed for coaches who work with older and more complex teams. This level of coaching program carries the weight of a workbook to reinforce the learning.

The Optimisation Hub is a premium provider of a full psychological curriculum for resilience development through the provision of the key skills of high performance. High performance of coaches' has been vastly neglected. The core tools and skills of these programs develop the coach far beyond the core toolkit of practical coaching to involve the complete biofeedback tools and psychosocial tools that define great coaches. Every level of athletes developed requires these tools.

The core tools and skills covered remain the same throughout the programs. After the introductory level, the programs are accompanied by workbooks and greater levels of tools kits to fit the coach's level of skills. The program focuses on:

- For coaches who have developed coaching dialogue and want to enhance their ongoing brands as coaches.
- Develop key coaching paradigms around how to develop functional infrastructure and communication between athletes.
- Learn key skills to enhance and develop athletes focus.
- Broad stakeholder management and leadership tools for working with multidisciplinary coaching frameworks.
- Mental skill Tools for change and adjustment to use in coaching and assist positive resilience.
- Understand and learn processes to assist with change and athlete's growth in athlete development.
- Resources for change and growth in coaching development.
- Communication tools.

The professional development of coaches is often neglected. Support tools and frameworks for coaching and broader stakeholder management while maintaining core coaching competency skills development is crucial. Peer to peer interaction and the asset drive of teaching resilience communication, professional coaching dynamics and psychology is pertinent.

3. Professional Coaches Premium

The coaching program that takes on the level three coach that prepares them for working with national and state representative athletes as well as the demands coaches face in these areas. Coaches at this level are looking to develop the tools to establish coaching frameworks and develop their coaching brand.

The assets taught in this program remove the wasted effort and time that most coaches go through dealing with issues that affect the outcomes they are seeking. It also helps to support their mental health, resilience, and the growth of professional opportunities.

This is a professionally geared program that focusses on development. Coaches across all sports and codes play a vital role in the cultural development of our athletes. The Optimisation Hub has developed a program to address the complex needs of coaches in a contemporary sporting environment. Elite coaches often begin their sporting careers as athletes themselves, subsequently, many of the same pressures that affect athletes are also apparent in the coaching career.

To bring out the best in their athletes, coaches are required to model on-point, balanced, communication, awareness, and resilience. The program focuses on:

- Ability to plan and manage own learning and developmental opportunities for athletes and ability to self-appraise and reflect on practice.
- Enhanced individual capacity for self-management, resilience and agility and an increase in capacity to self-manage through change.
- Incremental applicable tools and learning as a group and individually supported by workbooks and an assignment.
- Learning approaches to coaching and educating through multiple levels of athlete development, and what will be needed to develop great performance whilst supporting the building of great people.
- Frameworks are facilitated around both athlete development and coach development, and mental health.
- Ability to plan and manage own learning and developmental opportunities for athletes and ability to self-appraise and reflect on practice.
- Enhanced individual capacity for self-management, resilience and agility and an increase in capacity to self-manage through change.
- Improved interpersonal competence and more effective communication.
- Greater effectiveness at negotiation, conflict resolution & mentoring.
- Personal fulfilment through alignment and balancing personal goals with workplace objectives.

- Ability to motivate greater individual and team performance by influencing higher resilience and life balance.
- Encourage creative thinking skills to improve effectiveness with anticipating and solving potential problems.
- Incremental Performance Potential through the cultivation of emotional intelligence and resilience in working with others effecting positive culture and diverse resilience capability.

The course material is tangible, balanced and delivered in momentum to align with your pace that encourages quick uptake and the useful application of information to the individual coach thus enhancing professional development.

The advanced levels of coaching place a demand on a coach's ability to manage a greater variety of "pressure people" and coaching projects. The preparation for this is as important as the practice.

The Professional Coaches program will stretch you a little further and allows you to have a one on one appointment to carry the tools into our branding.

4.The Advanced Professional

This program mirrors Professional Coaches Premium above with the addition of personalised one-to-one sessions.