

Developing our NextGEN Female Coaches 2020-2022



Developing and enhancing Australia's current and next generation of Women coaches through a meaningful learning, mentoring and professional development program.

The NextGEN Accelerated Coaching Program 2020-2022 is a component of the Gymnastics Australia High Performance Coach Development Program. 10 women coaches were selected via an independent selection panel to undertake the 2-year program.

This two-and-a-half-year program is being delivered in collaboration between Gymnastics Australia, Sport Australia, the Australian Institute of Sport and the University of Queensland.

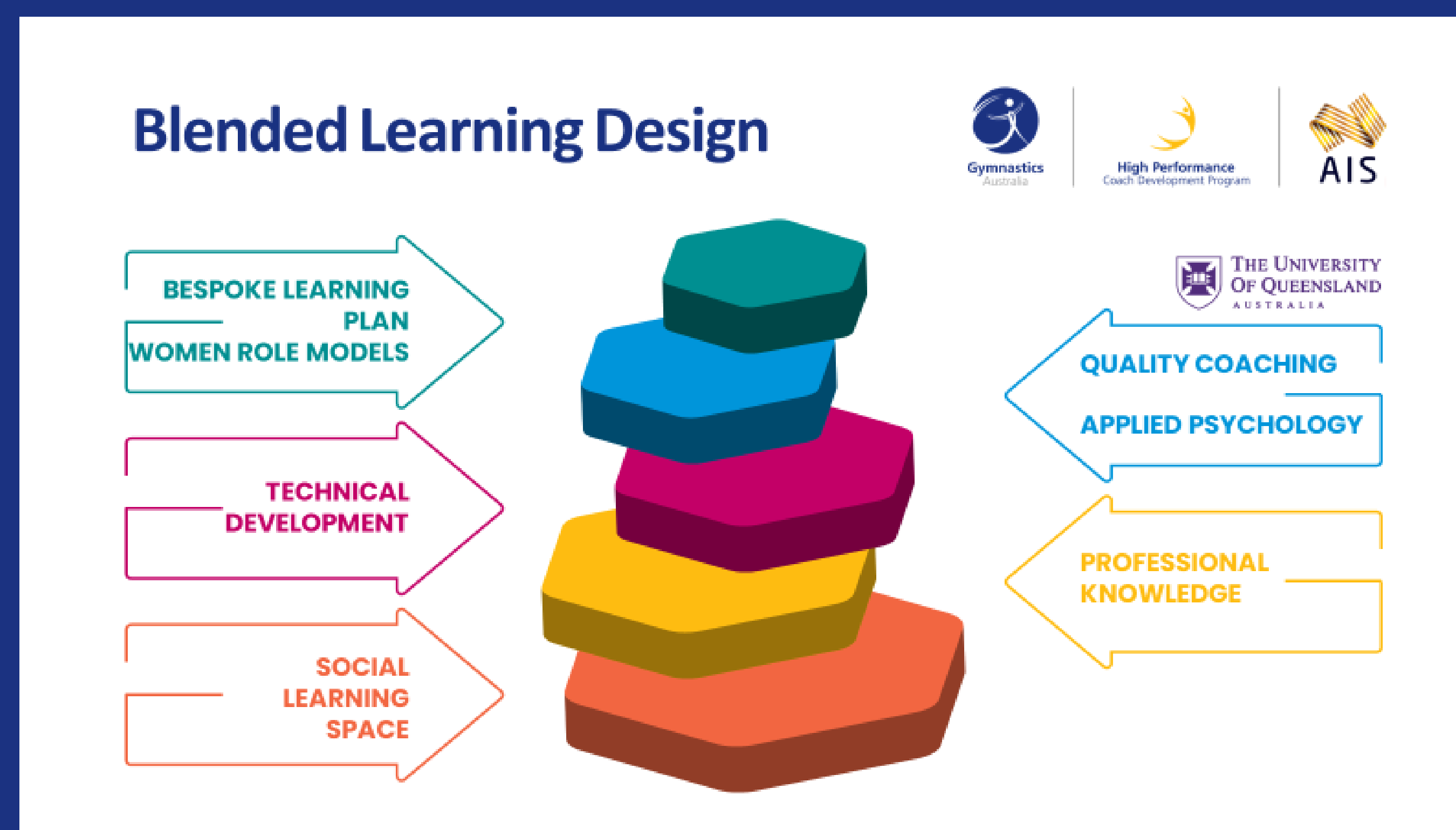
NextGEN Coach Outcomes

To improve the leadership capacity and enhance the experiences of female performance coaches in Women's Artistic Gymnastics.

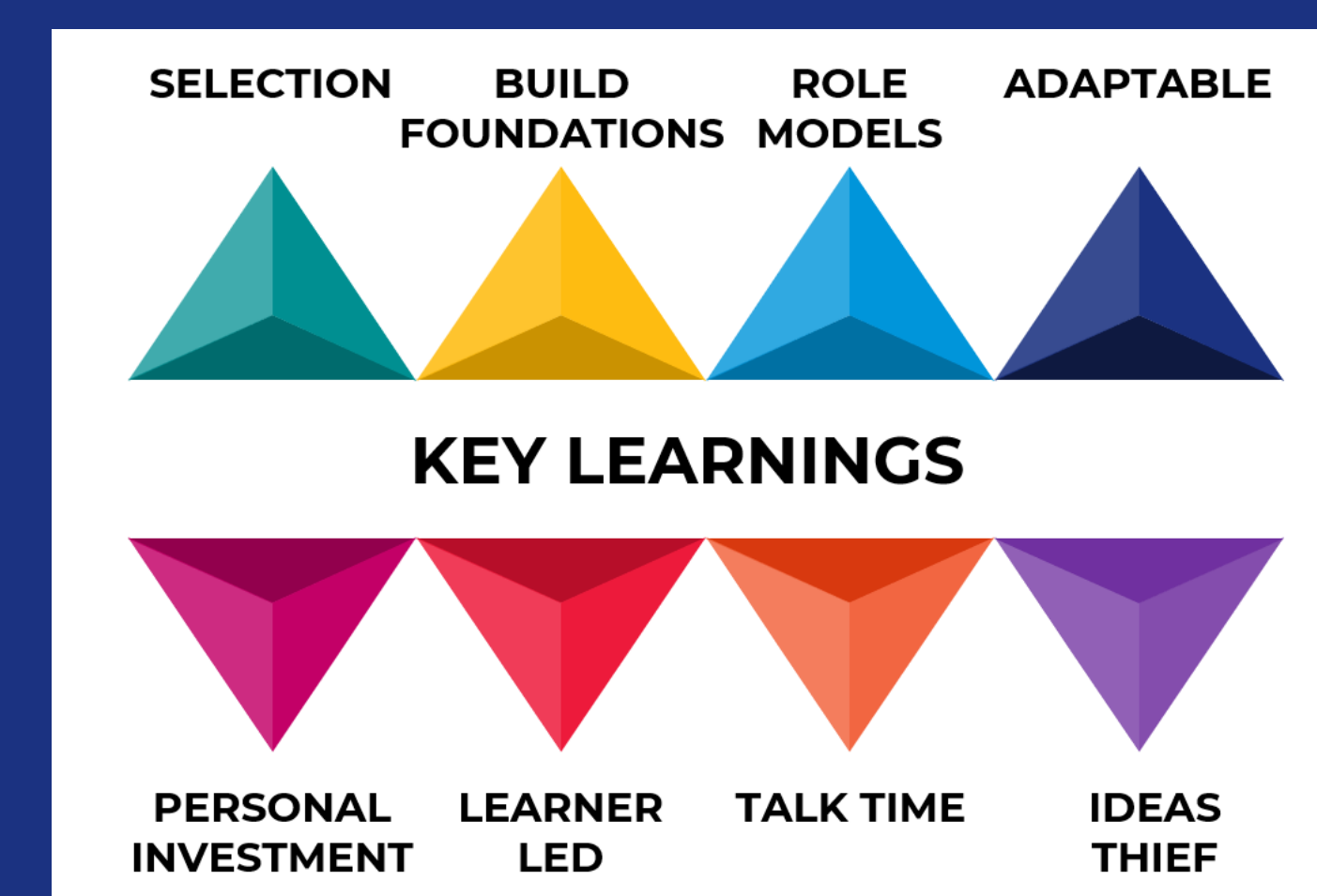
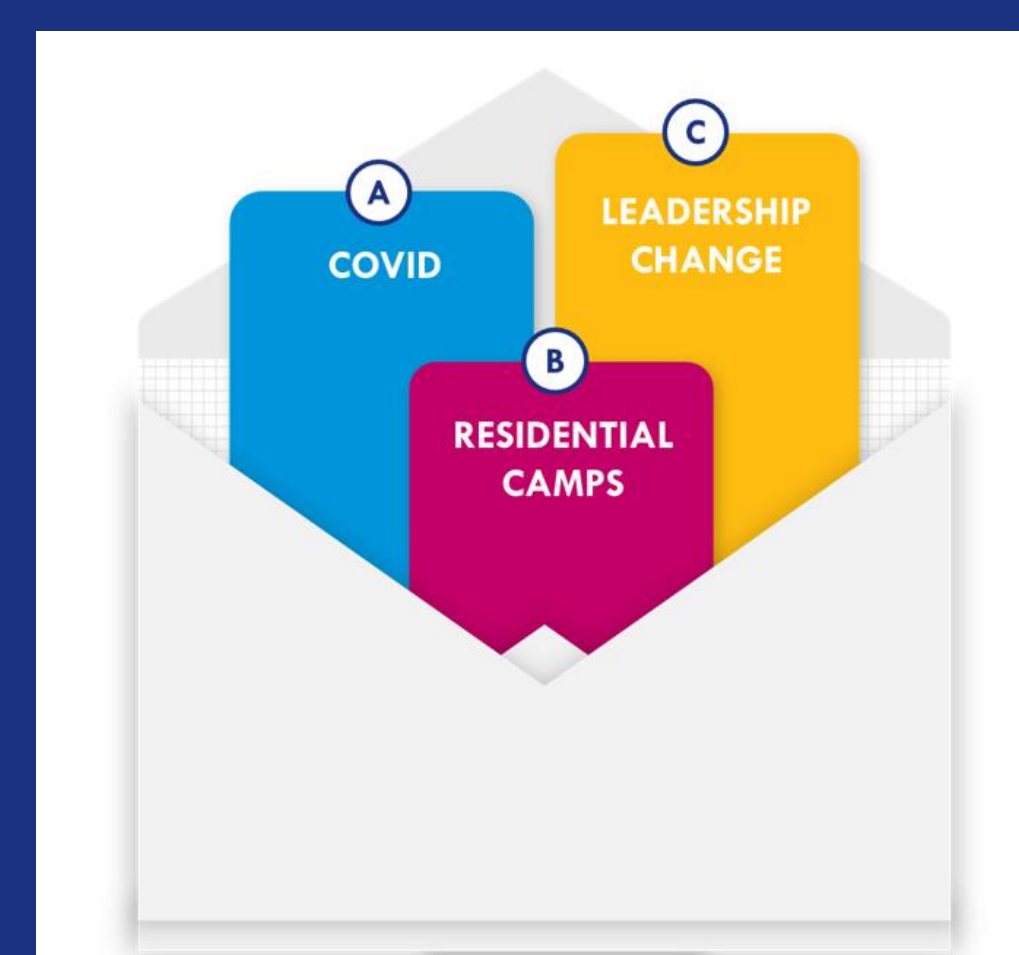
To enhance understanding and development of the technical skills, interpersonal and intrapersonal skills of coaches that will contribute to positive and effective coach-athlete relationships and performance outcomes.



The seven learning principles below drive the experiences, strategies, format and facilitation of learning for the coaches in the performance coach program.



Unexpected Challenges



Evaluation: Values Creation Framework

The Program is being evaluated utilising the Values Creation Framework.

This has included:

- A workshop to understand the framework
- Peer to peer interviews
- Updating every 6 months
- Final qualitative and quantitative evaluation



NextGEN Accelerated Coach Program

13 Virtual Sessions in 2020	14 Guest Presenters	8 Formal Tertiary Modules
24 Virtual Sessions in 2021	5 Day Training Camp x2	• Quality Coaching
15 Virtual Sessions in 2022	1 Individual Learning Plan	• Applied Performance Psychology

80% Complete

The NextGEN Program is an integrated, blended learning design involving collaboration with the Tertiary sector, the AIS, GA and female leaders

JOINT FUNDING
Sport Australia WLIS
Australian Institute of Sport
Gymnastics Australia
Self-Funded

These sessions involve group collaboration and workshops, virtual and face to face discussions, formal learning, mentoring sessions, peer action planning, personal coach profile and development

Feedback to date...

I take more time to reflect on choices and decisions which makes me more confident now in the selection I make. I consider more possibilities and options when coaching and when developing relationships within the gym.

Improved self-awareness has allowed me to change behaviours when coaching and help the kids improve their self awareness as well.

More confidence in my ability as a coach. More comfortable in sharing ideas and experiences with others. Refining and implementing reflective practices.

It just gave time to focus on yourself and taking stock of where you were at and where you needed to get to. It provided reassurance of how well we are all doing without even realising it and positively indicating areas for future development

Top 5 Themes

