



The West Riding FA Coaching Conference 2018

Date: Saturday 16th June

Time: 9.00am - 3.00pm

Venue: West Riding County FA, Fleet Lane, Woodlesford, Leeds, LS26 8NX

CPD Hours: 5 (Levels 1, 2 and 3 (UEFA B))

Cost: £25

8.30am

Arrival and refreshments

9.00am

**Dominique Skelton: Regional Co-Ordinator, The Thrive Approach
Child Brain Development**

Workshop Content

The session will be focused on looking in depth at understanding behaviours and how we as coaches socially and emotionally support children and young people through a relational approach. We'll look at the latest neuroscience behind child development, attachment research, and how to use creativity and the arts to socially engage children and young people to get their bodies and brain ready for learning.

The workshop will also help coaches to understand how our stress response system and social engagement system shapes how we learn. In addition, we'll look at understanding how children and young people access thinking and how they learn the ability to regulate their bodies and brain so that they are ready to learn.



Speaker Bio

Dominique is a Regional Co-Ordinator for The Thrive Approach, delivering training and development for the education sector as well as those working in social care, health care and fostering.

The Thrive approach is a structured, targeted approach in identifying emotional and social difficulties in children and young adults. Drawing on the latest neuroscience, child development and emotional and social evidence to give targeted and measurable approaches and strategies, enabling children to be ready for life and learning.

Further Information

<https://www.thriveapproach.com/>



The West Riding FA Coaching Conference 2018

11.00am
Break

11.15am
Dr Pete Holmes: Sports Coaching Programme Leader, Doncaster College
Why Do You Coach the Way You Do?

Workshop Content

In this session, Pete will use a model of coach development developed through his PhD to help coaches reflect on their beliefs about football and coaching. By 'unpicking' themselves, coaches will discover how they have become the coaches they are – the first step in being able to fully open up to change and development in the future.

Speaker Bio

Pete Holmes is a Lecturer in PE & Sports Coaching at University Centre Doncaster. He also coaches in the junior development system at Super League club, Castleford Tigers, in addition to working as a Senior Coach Developer for the RFL (Rugby Football League).



Pete recently completed his PhD investigating elite coach development in Rugby League involving six, high-profile, Super League and international Rugby League coaches. Within this, he attempted to 'unpick' how each coach had become the coach they now were through analysis of various life and sporting experiences.

Further Information

<http://www.don.ac.uk/uc>

12.15pm
Lunch



The West Riding FA Coaching Conference 2018

1.00pm

Paul Shaw: Managing Director, Inside Leadership
The Recipe for Success

Workshop Content

This workshop will give coaches ideas and strategies to create a successful environment in a coaching context. We'll hear examples from Paul's time working with England cricket teams for the ECB, discuss coaching philosophy and how to create a culture. Coaches will be challenged to consider their own values, underpinning behaviours and how self-reflection plays a crucial role in the recipe for success.

Speaker Bio

Paul has worked professionally in cricket for over 18 years, in the first instance with Yorkshire Cricket Board as Cricket Development Manager and as Director of Cricket for Yorkshire Women.



Having moved on to work with ECB as a regional women's coach for the north of the country, Paul then began working with ECB on a full time basis, firstly as a training manager in Coach Education before moving into the performance department. Paul's achievements include leading the England Women's Cricket team to back to back Ashes wins in the UK and in Australia, a World Cup Final and series wins against Pakistan, West Indies, India, South Africa and New Zealand.

Paul is now the Managing Director of Inside Leadership LTD, a leadership and management training organisation that prides itself on making a positive difference in the worlds of sport and business. Inside Leadership does this by releasing and developing the talent within people to enable them to fulfil their potential and become world class leaders and performers across all environments. Paul is an outstanding facilitator and trainer who thrives on developing managers and leaders through bespoke leadership development programmes and mentoring in groups and on a 1 to 1 basis.

Further Information

<http://insideleadership.co.uk/>

3.00pm

Depart