



**WOMEN,
GET SET, GO!**



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get set, go!**



www.sportsleaders.org

www.wsf.org.uk

ABOUT THE AWARD

Women, Get Set, Go! is a personal development programme that has been specifically designed for women and is designed to encourage more women to enter into community leisure leadership positions and to develop their involvement both for their own benefit and for the benefit of the community in general.

Who the Award is for

The award is for women and girls aged 14 years and upwards and is intended to provide a springboard into sport or activity leadership, whether as coaches, leaders, administrators or officials. It is for those women who are involved or interested in sport, physical activity or general community activities or who have reached a cross-roads in their life and are seeking a new direction.

Benefits of the Award

- Growth in confidence & responsibility
- Enhance communication, motivational and organisational skills
- Allows the candidate to value own skills
- Become familiar with personal strengths and areas of development
- Recognise potential as a sports leader
- It's practical and fun
- Potential stepping stone towards further education or employment
- Improves personal health and fitness
- A good foundation to progress on to the Level 2 Award in Community Sports Leadership

Method of Delivery

The Tutor Resource Pack contains all the information, guidance and resources a tutor requires to run the course. The tutor should ensure that the sessions are fun and practical in nature. A minimum of six and a maximum of sixteen candidates per tutor per course is recommended and delivery time for the course is approximately 15 hours.

Course Content

- Introduction/Getting to know you
- Communication
- Organisational skills
- What have you got going for you?
- Understanding sport
- Practical leadership opportunity/feedback
- Setting goals and action plan
- Reflection and evaluation

Notes



Sports Leaders UK is the operating name of The British Sports Trust, a registered charity no. 1095326