



**South Surrey**  
Athletics Network

# Coach Development Workshop

Develop your coaching potential in this advanced workshop with David Hemery.

**The workshop will:**

- Explore the rationale and philosophy of coaching.
- Cover the key principles of awareness and responsibility which underpin coaching.
- Introduce the GROW model and explain its' practical operation.
- Help you to master the skills of effective questioning.
- Enhance individual and team performance.
- Give a powerful insight into managing and leading by coaching.
- Help to generate more creativity, accelerate learning and give a clear focus for time and energy.

At Woking Athletic Club, Blackmore Crescent,  
Sheerwater, Woking GU21 5NZ

**Sunday 28<sup>th</sup> March 2010, 1.00 – 4.00pm**

Enquiries and bookings to

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