






## GB Climbing Coaches Conference 2023









### Session Outline




Join us this Spring at the GB Climbing Coaches Conference for a weekend of sharing, learning, and self-discovery. We'll deep dive into the athlete and coach pathway, help you identify your coach development profile, discuss meaningful practices, and how to amplify athlete performance when it matters most. Whether you have a career as a climbing coach or are looking to develop those skills in a competitive space this is the place to be this Spring.

The Coaches Conference provides a comprehensive programme of keynote speeches, case studies and sensemaking sessions supported by Coach Developers from across the high-performance community. These sessions will cover a variety of aspects of holistic coaching practice for coaches working with athletes from grassroots to high-performance.

Click [here](#) for ticket and event information.

SATURDAY 22 APRIL	
 Beginnings... Welcome & Introduction to the Coaches Conference 2023	<i>Tim Cunnington, GB Climbing Coach Development Manager.</i>
 Understanding Self & Others	<i>A walkthrough of the GB Climbing Coach Development Framework, understand what you bring to your coaching and highlight areas for development on your coaching journey. Creating a Conference Profile to inform the 2023 GB Climbing Community - Coach Development Offer. ~Tim Cunnington, GB Climbing Coach Development Manager</i>
 Building & Sustaining Relationships	<i>How can we use Bio-Psycho-Social concepts to support Athlete Health &amp; Wellbeing? How does this differ between genders? ~ Dr Emma Ross, The Well HQ</i>
 Developing a Meaningful Coaching Practice. Using creativity and co-creation to have impact and connection in your coaching.	<i>The Children's Coaching Collaborative will share their take on Child First Coaching.</i>
 Coaching Performance When It Matters	<i>Coaches Choice make your choice at checkout.</i>  <i>1. Arena Skills - Perceptions of Pressure in an Arena Environment ~ Neil Roach, Performance Psychologist or</i>  <i>2. SAQs; Building Blocks for Movement Mastery?</i>

 Athlete-Coach Experiences	<p>For our evening talk we will hear from a special guest how lessons learned competing as an elite athlete benefitted their transition to high performance coaching. ~ <i>Sophie Cox, England Talent Manager</i></p>
 Social Climb	<p>Another great request from last year! You asked, you got it! Making the most of exclusive access for the weekend we thought it might be fun to put on some tunes, play on some comp blocks and do a mini comp! Fun prizes included...</p>
<b>SUNDAY 23 APRIL</b>	
 Beginnings 2... Welcome & Introduction to Day 2.	<p>Tim Cunnington, GB Climbing Coach Development Manager</p>
 Generating Feedback & Performance Conversations	<p>Ever asked a question that hasn't quite landed? Lessons learned from Motivational Interviewing and their application into Individual Athlete Development Plan (IADP) Conversations. ~ <i>Hugh Gilmore, British Weightlifting</i></p>
 Performance Planning	<p>Do you know your Macro Cycle from your Micro Cycle? How can Nested Planning and PJDM support Coaching Curriculum Design?</p>
 Anti-Doping Update	<p>A deep dive into the world of Anti-Doping. What do you need and want to know? Tell us more when you book your place and we will tailor the session to the needs of the group. ~ <i>Zoe Spriggins, GB Climbing Anti-Doping Officer</i></p>
 Transitions & Endings	<p>Considerations and implications for athletes transitioning from Junior to Senior. Join us for a talk through the research and how this can be applied into practice. ~ <i>Andy Bradshaw, UK Sport</i></p>
 Conference Close	<p>Following the impact of last year's round up, we will consider the takeaways and insights from each Huddle, then offer an opportunity to explore any final questions before we look forward to what's to come as we move towards the Coaches Conference in 2024.</p>

<b>OVER THE WEEKEND</b>	
 Safeguarding & EDI Update	Join Helen Murphy (BMC Safeguarding Officer) and Alex West (BMC Equity Officer) and find out how you can keep up to date in 2023.
 Pathway Update	Join Lucinda Whittaker (GB Climbing Pathways Manager), Sophie Cox (England Talent Manager) & Jack Walton (Mountaineering Scotland Talent Officer) to get the lay of the land with pathway developments in 2023.
 Partners Update	There's always so much going on in the wider climbing world so join us for a Partners Update and keep your finger on the pulse.

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