



## **2023 Princess Royal Coach Academy Mentors**

*Meet our 2023 Coaching mentor Team!*

*As part of the Princess Royal Coach Academy , we are introducing four NEW mentors onto the Mentoring team; these NEW Mentors will be working alongside four of the existing Mentors for the year ahead. The Mentoring programme will provide perpetual support for coaches who come through the qualifications pathway, encouraging them to continue life-long learning.*

*Congratulations all!*

### **Mel Tomlinson - NEW**



With a background in Further Education, Higher Education and training, including delivery of Safeguarding courses Mel is an Accredited professional Coach. Mel is actively training participants riding at Elementary level and Para Grade 4/5 Dressage and is engaged in training horses on a weekly basis. Mel holds a UKCC Level 3 and has studied Sports and Exercise Psychology. Mel won a Sportivate Lottery Award in 2013 for activities she delivered to disability sport.

Mel has previously managed a large centre and been a group chair so is very much up to speed with all things RDA and is looking forwards to offering some of her experience to coaches on the programme with her moto "The only silly question is the one you didn't ask".

### **Isobel Gowers- NEW**



Isobel has been volunteering with RDA for over 35 years. Having always been passionate about horses, she completed a degree in Equine Science before specialising in arthritis research. As a Senior Lecturer in Equine Science, she taught on topics including equine biomechanics, rider fitness and equine welfare. She currently works as Academic Lead: Active Inclusive Learning at Anglia Ruskin University. She is a volunteer coach and trustee at Barrow Farm RDA,

where she also keeps her horse Rafferty. Isobel says the reason she enjoys working with RDA coaches and riders is that she loves seeing people achieve their goals and getting the most out of their riding and equestrian activities.



### **Lorna Clark - NEW**



Lorna is from rural Aberdeenshire where she has coached with RDA for 26 years. Initially for Aberdeen group, then Moray group and she is currently lead coach for Gordon group.

Lorna is also Regional Coach and Regional Show Jumping Coach within Grampian and Highland region, as well as RDA accessibility mark officer for Scotland.

Lorna was one of the inaugural PRCA Mentees and successfully achieved her RDA Advanced Coach in October 2022. She is now looking forward to helping others coaches in the academy in the role as a mentor.

### **Helen Kallow - NEW**



Helen has been involved with RDA for over 27 years in many different roles, including an Assistant Manager at a large centre, working in a small group just starting up and lots in between. She has been lucky to visit dozens of RDA groups around the whole of the UK as Regional/County coach or delivering training and assessments. Helen loves learning something new every time she goes somewhere and also works for RDA UK in the training and Education team, with responsibility for Vaulting, Showjumping,

Education and Carriage Driving.

After having the privilege of hearing what the PRCA experience meant to the last coach cohort, she is excited to be involved as a mentor this time around and to see what great things will be achieved as the next cohort grow and discover new things about themselves and RDA, and the impact they will have on participants and other coaches .

### **Karen Glasgow**



Karen joined RDA in 1998 after training as a BHS Intermediate Instructor. Karen has been an RDA Advanced Coach for the past 11 years and has been Regional Coach for Edinburgh, Borders and Fife for the past 8 years, running training days in the region to support other coaches on the Coaching Pathway.

Karen has said "Working with coaches is my go-to place - I always feel such a sense of excitement. I am a people person and have a strong gut instinct, I read people well which often leads to people feeling comfortable and



open with me. This is me at my very best, I love sharing knowledge and learning from other coaches."

### **Mark Cunliffe**



Mark is a BHSI and RDA Advanced Coach based in Cornwall at Lakefield Equestrian Centre. He has trained riders to RDA National Championship level and into British Dressage Para Equestrian. He's trained para-athletes to a national and international level. Mark feels strongly that the reward of a Mentoring role is that of supporting people to develop their own philosophy and ethos in their coaching.

### **Sarah Healing**



Sarah has been at Penniwells RDA for the past 27 years. She is an RDA Advanced Coach and was awarded RDA Coach of the Year in 2019. Sarah has provided opportunities for other coaches to come to her centre to observe, practice and learn new skills, get feedback and find new ways of doing things.

### **Karen Thompson**



Originally from Manchester, Karen has worked in many aspects of the equine industry before setting up Kesteven RDA group in Grantham, Lincs 36 years ago.

Over the years, she has held posts in the North Midlands region including Regional Coach, Lincs County Coach, Regional Dressage Co-ordinator as well as Coach Developer for RDA UK; Karen is also currently the National Lead for Training and Education.

Karen has said 'As a mentor my strengths are being approachable, honest and caring to help build trust and rapport along with an enthusiasm and drive to motivate through the difficult times. I will listen and support the mentee to discover their own strengths and values whilst



questioning and challenging to promote fresh thinking and encourage exploration of new ideas.'