



#UKCoachingWeek 5th - 11th June 2023

# THE FOUNDATIONS OF GOOD COACHING

overview of case study content here

## COACHES NAME

### GROUP NAME

- experience

Quote from content

## MENTAL HEALTH & WELL-BEING

How do you currently create opportunities to learn about individual support needs?

How could you create more opportunities?

Think about: Actions, language, behaviour and impact.

Consider: Your role as a coach, boundaries and conduct, consider opportunities within your session and outside of the session.

How do your session impact on those taking part.

How do you measure this impact