



#UKCoachingWeek 5th - 11th June 2023

THE FOUNDATIONS OF GOOD COACHING

overview of case study content here

COACHES NAME

GROUP NAME

- experience

Quote from content

PHYSICAL WELL-BEING

Thinking about the physical well-being of the people you coach, how do you currently create opportunities to support their own physical well-being?

Reflect on the positive factors you have identified and what impact you see them having on the physical well-being of the participants.

Think about: Actions, language, behaviour and impact.

Consider: What might the participants be learning to support their own physical well-being? Consider the short and long-term impact of this approach?