

Sported Disability Sport Network

**Empowering coaches
and volunteers with lived
experience**



Key Messages

1. The Importance of being Adaptable

AJ Jackson spoke about the need for flexibility within coach education and practice.



“ Why can't I draw it or why can't I have cue cards or why can't I do it a different way? I think, sometimes you just have to get a bit more creative rather than that. We've always done it like this. So, we're going to carry on doing it like this which we're missing coaches that have got incredible talent” – AJ Jackson PLY

2. Be an enabler – Just Believe

You (the group) are an enabler, support and empower, by doing this you are helping to break down social, physical and cultural barriers - every day disabled people get told they can't do things and experience continual barriers, this then impacts disabled people's confidence in relation to coaching and volunteering.

“ One of the big barriers is that people don't think that they can do it. They don't think they can be a coach. They don't think they can volunteer. Whether that's their own perception of themselves or whether that's other people, telling them that they can't or the training not being designed in a way that can work with people who've got different challenges and different needs.”

3. Recruitment

Invest time within your own organisation, do you have young people who would benefit from leadership opportunities, who could be role models for other young disabled people? Recruit within as participants know your organisation and it's values best.

4. Communication is Key

Open conversations around so important; what are they interested in, what are they comfortable doing, what adaptations do they need to enable them to get involved in leadership.





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