

National Young Coaches Academy 2013

Draft Programme

Time	Day 1 Friday 4 th January 2013	Day 2 Saturday 5 th January 2013	Day 3 Saturday 6 th January 2013
7.00		Breakfast	Breakfast and Check-out
7.30			
8.00		Mini-keynote	
8.30			Team Challenge
9.00		Communication & Organisation	
9.30			
10.00			Break
10.30			Developing the Coach-Mentor Relationship
11.00			
11.30			
12.00	Registration	Lunch	
12.30		Mini-keynote	
13.00			Lunch
13.30	Lunch	Adaptability & Compassion	Personal Reflection & Action Planning
14.00	Team Building & Introductory Session		
14.30			
15.00	Your Coaching Values & Philosophy		
15.30			Closing Keynote
16.00		Break	
16.30		Honesty & Ethics	Check-out
17.00			
17.30		Team Challenge Preparation	
18.00	Dinner		
18.30			
19.00		Dinner	
19.30	Opening Keynote		
20.00			
20.30	Return to accommodation	An evening with... and Quiz	
21.00			
21.30			
22.00			
22.30		Return to accommodation	