



YACHTING NEW ZEALAND

# COACHING TOOLS

## Master Coach Modules

### Master Coach (Activity 6; Mentor another Coach)

Mentor another coach in your region during their coaching session. Follow these steps

1. Find a coach who is keen to develop their skills.
2. Meet with the coach and make a plan for mentoring
  - a. Identify 1 area they would like to work on.
3. Take notes about the coach during the session and feed this information back to them in a positive way.
4. Debrief with the coach after the session, what was their perception? Ask them how they think they did with the coaching behavior and the session in general.
5. Feedback the notes you collected.

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### What to do when you're finished!

- Write a short report 1-2 pages explaining and describing the mentoring session. What worked well and what can be improved for next time.
- Provide a photo of you mentoring the coach. (Action shot)



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Email or post this to me

[peters@yachtingnz.org.nz](mailto:peters@yachtingnz.org.nz)

PO Box 33 1487, Takapuna, Auckland 0740

Once this is completed I will check your work and provide you with some feedback. You will be accredited as a coach for another 4 years at the same level but with the title of Master Coach.

Master Race Coach

Master Regatta Coach

Master Performance Coach

Master Olympic Coach

### ***Remember!***

*You are to collect information about the coach that you both agree on. This is not a test of coaching ability but a joint effort to improve coaching skills.*

