

Coaching in the Quadrant

One to many	e.g.: Club session <input type="checkbox"/> connect <input type="checkbox"/> energise and engage <input type="checkbox"/> explore <input type="checkbox"/> bank	e.g.: regular squad or team <i>Team Coaches to fill in</i>
One to one	e.g. technique analyses <input type="checkbox"/> rapport <input type="checkbox"/> rapid diagnosis and prescription <input type="checkbox"/> take aways	e.g.: private coaching/ personal training <input type="checkbox"/> trust journeys <input type="checkbox"/> boundaries <input type="checkbox"/> expectations & motivations
	One off	On-going