

UK Coaching's Principles of Great Coaching

Published 04/06/18 by [Blake Richardson](#)

Coaching Week provides an annual platform for the general public to understand what great coaching is and to empower everyone who is receiving coaching to celebrate and recognise the people who coach them.

UK Coaching has unveiled its Principles of Great Coaching, aimed at helping people recognise great coaching.

It is not an exhaustive list and UK Coaching acknowledges that others in the sport and physical activity industry will want to contribute their ideas (and please do so by adding a comment below).

UK Coaching says: 'As the lead agency for coaching in the UK, we feel these principles best represent great coaching. It comes after close consultation with our Partners.

'Coaching is all about people, and great coaches focus on understanding and connecting with the person in front of them as an individual and adapt sessions to ensure that they can thrive, no matter what their goal is; hitting their first ball, running to that next lamppost or winning an Olympic medal. That is why UK Coaching's Principles of Great Coaching spells PEOPLE.'

Person-centred

Great coaching makes me feel valued and better for being involved. My coach knows and understands me. I am included in the session.

Empowering

Great coaching makes me feel a sense of belonging. I'm asked what I think about the session, my feedback counts and I leave feeling motivated, inspired to learn and develop myself further.

Organised

Great coaching means I am safe. When I ask, it's logical as to why we are doing things in the session to meet my goals. My coach is well prepared, instructions are clear and I know what the outcomes will be.

Positive

Great coaching makes me feel excited, inspired and glad I came along. My coach is with me every step of the way. Conversations are motivating, and feedback is helpful. I'm praised for the efforts I make in an environment where I thrive and flourish.

Learning

Great coaching means that my coach understands me, and wants to help me get better. I feel confident that I am progressing and achieving my goals. I learn something new every time.

Engaging

Great coaching means I feel involved and motivated. The sessions are creative, and get the best out of me. My coach adapts to meet my needs. I can't wait to come back.

What makes a great coach? Let us know in the comments box below.

Further reading:

[Help make Coaching Week a resounding success](#)

Login to follow, share, comment and participate. Not a member? [Join for free now.](#)

tags : Empowering, engaging, positive, learning, uk-coaching, coaching-week, great-coaching, people, organised, person-centred