

## Good Practice Example:

### Cyprus Sport Organisation – ‘Encouraging Women into Coaching’ Workshop

#### **Organisation/body**

Cyprus Sport Organisation

#### **Description of the activity**

Workshop entitled ‘Encouraging Women into Coaching’.

#### **What did you start with?**

The workshop targeted current and former coaches, as well as athletes (future coaches), with a total of 55 participants (current/former coaches and athletes from several sport federations and clubs) attending. The two national mentors (appointed by the Cyprus Sport Organisation to be educated through the SCORE Programme) guided the discussions, and had the chance to practise the mentoring skills developed through their first mentors’ training sessions that took place in January 2016 in Cyprus. The discussions were enriched with short lectures by 11 female inspirational speakers (former and current champions, current and former coaches, and sport professionals), who shared their personal experiences through their sport career.

#### **What did you want to achieve?**

To raise awareness on the issues related to the under-representation of women in coaching within sport; to identify the possible barriers to participation; and to identify ways of overcoming these barriers.

#### **Why?**

Data collected from the various sport federations shows a significant under-representation of women in coaching positions. This issue – to our knowledge – has never been officially addressed.

#### **Who is involved?**

The Cyprus Sport Organisation, the Women and Sport Committee of the Cyprus Sport Organisation, the two mentors appointed by the Cyprus Sport Organisation to the SCORE project, current/former female coaches and athletes from a number of sport federations and clubs.

#### **Budget**

Minimal budgetary requirements (catering costs).

#### **Impact**

The exchange of information which took place during the workshop provided a platform for discussions inspiring change and an action plan, aiming towards the participation of more women in coaching.