

Look UP and BREATHE

A massive area of CPD will always be reading. Reading the many articles and interviews especially with other coaches but not just reading ! We've all read something and you get to the end and can't remember how the piece started ! Reading and inwardly digesting, thinking about "what have I just read, does it apply to Sally or Flo can I use that or even better can I adapt it".

Adapting is another key to CPD but also to self-reflection, it is impossible to teach all people the same and to even attempt to is a recipe for a disaster. Part of continually learning is adapting what you already know to apply it to others, which is a very interesting point about watching others teach. You can see how they take the exact knowledge you have but use it differently and that is because they have adapted it to suit themselves and their clients. What works for one person doesn't necessarily work for everyone and that is from how you teach to teaching different people. Quite often without even thinking about it you automatically self reflect and then change your approach from one day to the next.

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Self-reflection allows you to highlight any weaknesses you may have,

of course I don't have any,

unfortunately we all have weaknesses and I know mine are I know this because of self-reflection without which I couldn't overcome it to become a better instructor.

Managing your own progress is something quite difficult because most people don't recognise that they have progressed which is why exams such as these are essential to BHS instructors. Being a registered member means I have to have qualifications such as first aid but not only that, I have to keep renewing it reflecting that times change and its best to be fresh. Being a registered instructor also means I have courses that I can tap into such as talks on grass sickness always furthering the CPD but also assisting other coaches.

BREATHE

Lastly the development action plan. The plan is a tool to help you organise your goals. I start off listing what goal I would like to achieve, (ie doing this exam) then detail what professional development activity will assist this, I then list what I can use to measure the performance I am now achieving, next I list materials that would be useful and final the target date for completion. The plan makes me focus on what I need to achieve and not just drift along.