

# THE **BRIGHT** MODEL

## for coaching children Gaelic Games

### **B** - Build

An environment where every child feels welcome, included, and valued as part of the team.



### **R** - Relationship

Nurture strong, caring connections between coaches and players, and between the players themselves



### **I** - Individual

Support the development of the whole child – focus on building life skills, confidence, and overall wellbeing



### **G** - Growth Climate

Focus on learning, effort, and improvement/progress rather than outcomes, winning, and comparisons.



### **H** - Healthy

Learning Environment – Ensure training is positive, safe, supportive, and responsive to the needs and developmental stage of each child.



### **T** - Time for Fun

Keep joy, play, and enjoyment at the heart of every session so children want to stay involved and keep coming back.

