

**“THE IMPORTANCE OF WELL BEING
COACHING THE MODERN DAY CAMOGIE ~~PLAYER~~ PERSON ”**



NATIONAL GAA COACHING CONFERENCE 2019
SATURDAY 12TH JANUARY





**CORK
INSTITUTE OF
TECHNOLOGY**

INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

*“ the **conscious process** by which people are actively involved in enhancing their well-being: intellectual, physical, social, emotional, occupational and spiritual” Hatfield*

The Well-being Indicator Tool for Youth (WIT-Y)



ENVIRONMENT

(Physical)

- Facilities
- Respect
- Context

(Performance)

- No fear of failure
- Reflection in action
- Keeping a blue head
- Emotions are important



PURPOSE

- Recognise their place
- Part of something bigger than themselves
- People make a team by moving from the ME to the WE



SAFETY & SECURITY

- Enjoyable
- Safe to make mistakes
- The mess of success



RELATIONSHIPS

- Supportive
- Connections
- Caring
- Communication
- Trust



Relationships
Well-being in relationships means youth are able to form and sustain supportive interpersonal connections with peers, family, and caring adults. This domain includes youths' sense of trust, being able to communicate needs, and manage the influence of peer pressure.



MENTAL HEALTH

- Self esteem
- Confidence
- Emotions
- Asking for help



“Forget about perfection:
focus on progression,
and compound the improvement”

Sir Dave Brailsford



**“Nobody has the
perfect body!”**

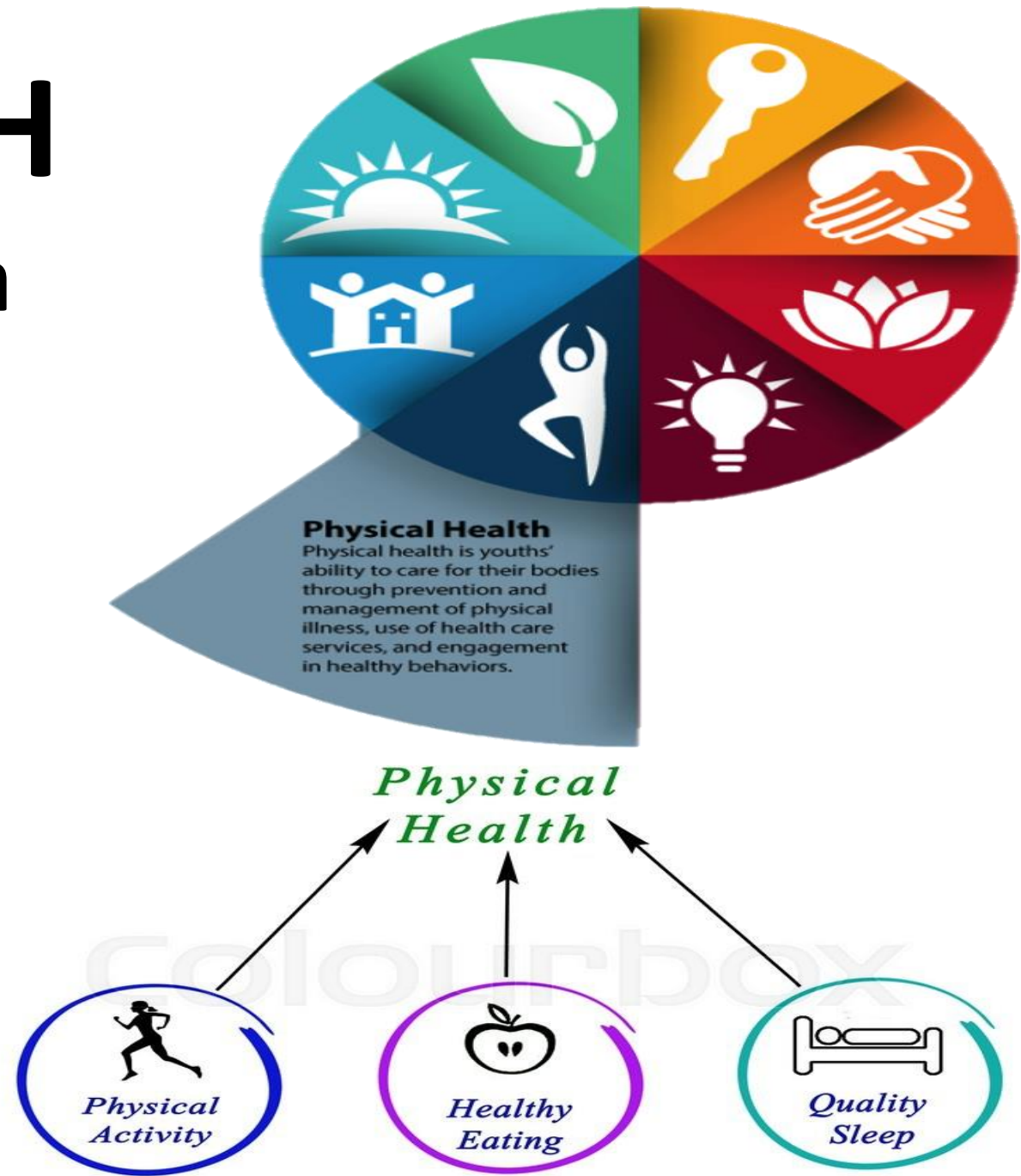
COGNITIVE HEALTH

- Engagement
- Growth
- Curiosity
- Potential



PHYSICAL HEALTH

- This is the norm, it's a lifestyle



COMMUNITY

COMMUNITY OF PRACTICE



A group of people with a common interest

A group of people with a common goal of improving

A group of people who share experiences



Domain ● Community ● Practice

Creating a *culture* in which players are engaged in their own well-being and equally committed to their own professional success and the success of the team, this requires foresight, planning, discipline and focus.



Take home messages

- The importance of wellbeing- you look inside too
- Awareness the first step to change- how can you improve the environment/culture etc. for the individuals you work with?
- What can you currently do to enhance the wellbeing of the players?
What are you currently doing to decrease the wellbeing of your players?
- Is each individual player Wellbeing really your priority- what does this look like in real life!



THANK YOU