"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) Environment is youths' relationship and comparison

relationship and connection with nature. This includes access to clean air and water, exposure to plants and animals, availability of parks and other outdoor settings, and a balance of screen time.

have stability of and access to the necessities of life, including food, water and shelter. It means youth feel free from emotional and physical harm and have a sense of control over what happens in their surroundings and with the people in their lives.

Purpose

Purpose is youths' ability and recognition of their place in the world and connection to something larger than themselves. This domain encompasses spirituality, religion, and a future orientation, including career planning and training.

Community

Community is youths' sense of belongingness and connection to the people, cultures, and places in their lives. Communities also offer accessible resources that are relevant to overall youth well-being.

Physical Health

Physical health is youths' ability to care for their bodies through prevention and management of physical illness, use of health care services, and engagement in healthy behaviors.

Cognitive Health

Cognitive Health is youths' intellectual potential and engagement in activities that promote growth, curiosity, and identity development. This domain includes consistent school participation, management of time and responsibilities, and engagement in interests and hobbies.

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

Mental health refers to youths' self-esteem and their ability to cope with adversity and manage emotions in a constructive way, including asking for help when needed.

ENVIRONMENT

(Physical)

- Facilities
- Respect
- Context

(Performance)

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

Environment

Environment is youths' relationship and connection with nature. This includes access to clean air and water, exposure to plants and animals, availability of parks and other outdoor settings, and a balance of screen time.



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

Safety & Security

Safety and security means youth have stability of and access to the necessities of life, including food, water and shelter. It means youth feel free from emotional and physical harm and have a sense of control over what happens in their surroundings and with the people in their lives.

RELATIONSHIPS

- Supportive
- Connections
- Caring
- Communication
- Trust





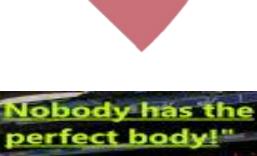
MENTAL HEALTH

- Self esteem
- Confidence
- Emotions
- Asking for help

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

Sir Dave Brailsford





COGNITIVE HEALTH

- Engagement
- Growth
- Curiosity
- Potential



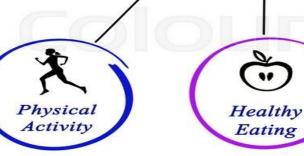
PHYSICAL HEALTH

• This is the norm, it's a lifestyle



Physical health is youths' ability to care for their bodie through prevention and management of physical illness, use of health care services, and engagement in healthy behaviors.

> Physical Health



Quality

Sleep

COMMUNITY

COMMUNITY OF PRACTICE

Communities shows of belongingness in their lives. Communities uso offer accessible resources that are relevant to overall outh well-being.

A group of people

with a common goal of improving

A group of people who share experiences

A group of people with a common interest

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