



sportscotland is pleased to offer a menu of fully funded generic on-line training for coaches and volunteers contributing to the Summer of Sport activity in 2026.

Workshops in key topics aim to provide knowledge, skills and confidence for coaches and volunteers delivering Summer of Sport activity in local communities.

Full details are below, should you have any further queries, please contact

Coaching&Volunteering@sportscotland.org.uk

Course	Course descriptor	Date	Time	Other info	Sign up info
Taking a Person-Centred Approach to Coaching	<p>Key to working with the Summer of Sport target audience, taking a person-centred approach will help build relationships and connect and sustain engagement.</p> <p>This module aims to upskill and increase the knowledge of coaches who are working with people in a sport and physical activity environment on the importance of understanding their</p>	Monday 1 st June 2026	6:30pm – 8:30pm	<p>Delivered by Scottish Sports Futures</p> <p>Participants should be 16 years plus.</p> <p>2 CIMPSA points awarded</p>	<p>Booking Link: Group 732 - E&T Module Registration Form (13+) – Fill in form –</p> <p>Online (link will be shared before the workshop)</p>

	<p>why and coaching values, human connection, and establishing and building relationships to create a person-centred coaching environment.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none">1. Understand and articulate practitioner’s coaching “why” and what drives them to coach2. Explore the difference between person centred coaching and service centred coaching3. Explore the importance of human connection and the role a practitioner plays in establishing this within their coaching practice4. Understand and explore the importance of understanding participant needs and establishing, building and maintaining relationships5. Increase understanding of the broader impact coaching and physical activity can have on participants			<p>Maximum of 24 learners</p> <p>Cut off 12pm 28th May 2026</p>	
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<p>Neurodiversity Awareness</p>	<p>We believe everyone should have the opportunity to participate in and enjoy sport.</p> <p>You may have heard the term neurodiversity being used more commonly but what does it really mean?</p> <p>During this workshop, we will explore and develop our understanding of neurodiversity, learn about neurodiverse conditions and explore strategies to help create an inclusive sporting environment for all.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Develop your understanding of neurodiversity 2. Learn about neurodiverse conditions 3. Explore strategies which will help you create an inclusive sporting environment for all 	<p>Monday 8th June</p>	<p>6:30pm – 8:30pm</p>	<p>Delivered by Enable Works</p> <p>Participants should be 16 years plus</p> <p>Maximum of 24 learners</p> <p>Cut off 12pm 3rd June 2026</p>	<p>Booking Link: https://www.eventbrite.sg/e/enable-works-neurodiversity-awareness-tickets-1989908859967?aff=oddtcreator</p> <p>Online (link will be shared before the workshop)</p>
<p>Taking a Person-Centred</p>	<p>Key to working with the Summer of Sport target audience, taking a person-centred approach will help</p>	<p>Wednesday 10th June 2026</p>	<p>1030am-1230pm</p>	<p>Delivered by Scottish Sports Futures</p>	<p>Booking Link: Group 733 - E&T Module Registration Form (13+) – Fill in form</p>

<p>Approach to Coaching</p>	<p>build relationships and connect and sustain engagement.</p> <p>This module aims to upskill and increase the knowledge of coaches who are working with people in a sport and physical activity environment on the importance of understanding their why and coaching values, human connection, and establishing and building relationships to create a person-centred coaching environment.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Understand and articulate practitioner’s coaching “why” and what drives them to coach 2. Explore the difference between person centred coaching and service centred coaching 3. Explore the importance of human connection and the role a practitioner plays in establishing this within their coaching practice 4. Understand and explore the importance of understanding 			<p>Participants should be 16 years plus.</p> <p>2 CIMPSPA points</p> <p>Maximum of 24 learners</p> <p>Cut off 12pm 5th June 2026</p>	<p>Online (link will be shared before the workshop)</p>
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	<p>participant needs and establishing, building and maintaining relationships</p> <p>5. Increase understanding of the broader impact coaching and physical activity can have on participants</p>				
Understanding and Managing Behaviour that Challenges	<p>This introductory 3hr workshop will explore possible causes which could explain why people behave as they do, helping you to develop your understanding and deal with these situations in an appropriate way within your youth work setting.</p> <p>You will look at the impact and possible justification for these behaviours, considering what the root cause could be. The session will also introduce participants to a variety of skills that will assist them to manage behaviour that is challenging in a youth work setting with young people in a way that avoids the use of aggression and introduces the participants to consider the use of effective de-escalation techniques and pro-</p>	Tuesday 16 th June 2026	4:00pm - 7:00pm	<p>Delivered by Youth Scotland</p> <p>Participants should be 18 plus, however 16-17 years old with experience may enrol</p> <p>Maximum of 20 learners</p> <p>Cut off 12pm 9th June 2026</p>	<p>Booking Link: https://www.eventbrite.com/e/understanding-and-managing-behaviour-that-challenges-16062026-tickets-1990158282998?aff=oddtcreator</p> <p>Online (link will be shared before the workshop)</p>

	<p>active strategies to support positive behaviour.</p> <p>Behaviour may present on a spectrum from cooperation, non-cooperation to conflict – let us work together to help you navigate these difficult situations.</p>				
Embedding Wellbeing in Coaching	<p>The session will build you awareness and knowledge of mental health and wellbeing in physical activity and sport spaces and build skills on how to embed this within your coaching practice.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Build understanding of mental health and wellbeing 2. Build understanding of your own mental health and wellbeing and the impact of poor wellbeing 3. Build understanding of how to support someone else with their mental health 4. Build skills on how to create mentally healthy environments through your own coaching practice 	Monday 22 nd June 2026	6:30pm - 8:30pm	<p>Delivered by Scottish Association for Mental Health (SAMH)</p> <p>Maximum of 20 learners Learners should be 16 plus years old</p> <p>Cut off 12pm 15th June 2026</p>	<p>Booking Link: Embedding Wellbeing in Coaching with SAMH Sign Up Form – Fill in form</p> <p>Online (link will be shared before the workshop)</p>

	<i>All conversation will be underpinned by a physical activity and sport narrative specific to you as a coach</i>				
Autism Awareness	<p>This session offers an overview about Autism and its main characteristics, without wanting to be an exhaustive list of the many barriers and challenges that each autistic person faces daily.</p> <p>The session looks at the Social Model of Disability and reinforces a positive language and narrative around autism and neurodiversity. Therefore, it focuses on the many skills and abilities that autistic people have, and it shows how these can be applied to a wide range of settings.</p> <p>The course also highlights the main barriers, and it provides attendees with a list of very practical actions that can be taken to remove environmental, cultural, and organisational barriers.</p>	Wednesday 24 th June 2026	10.30am- 12.30pm	<p>Delivered by Enable Works</p> <p>Participants should be 16 years plus</p> <p>Maximum of 24 learners</p> <p>Cut off 12pm 17th June 2026</p>	<p>Booking Link: https://www.eventbrite.com/e/enable-works-autism-awareness-tickets-1989910364467?aff=oddtcreator</p> <p>Online (link will be shared before the workshop)</p>

	<p>Learning Outcomes</p> <ol style="list-style-type: none"> 1. Learn more about Autism 2. Understand the characteristics of Autism 3. Understand Social Model of Disability 4. Learn common misunderstandings 5. Take away some tips for your own practice 6. Know where to go for more advice 				
Embedding Wellbeing in Coaching	<p>The session will build you awareness and knowledge of mental health and wellbeing in physical activity and sport spaces and build skills on how to embed this within your coaching practice.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Build understanding of mental health and wellbeing 2. Build understanding of your own mental health and wellbeing and the impact of poor wellbeing 	Thursday 25 th June 2026	1:00pm-3:00pm	<p>Delivered by SAMH</p> <p>Maximum of 20 learners</p> <p>Learners should be 16 years plus</p> <p>Cut off 12pm 18th June 2026</p>	<p>Booking Link: Embedding Wellbeing in Coaching with SAMH Sign Up Form – Fill in form</p> <p>Online (link will be shared before the workshop)</p>

	<p>3. Build understanding of how to support someone else with their mental health</p> <p>4. Build skills on how to create mentally healthy environments through your own coaching practice</p> <p><i>All conversation will be underpinned by a physical activity and sport narrative specific to you as a coach</i></p>				
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