

Sport NI Coaching Children Conference - 1 September 2014

Empowering Children: developing responsibility and creativity

Ian Stafford
Hutton Park Consulting

1

What's Planned...?

- Brief discussion/input on why, how and issues
- Practical activities to explore/review strategies and methods
- Summary review to identify key learning and action points

Hutton Park Consulting 2

What do you want to cover?

- Please identify any aspects you're keen to explore in this session:
-
-
-

Hutton Park Consulting 3

Why empower children in/through sport?

- With the person sitting on your left, identify what you believe to be the most important reasons – 2mins
- Turn to the person on your right and discuss/list key principles and strategies you use or have seen that help empower children – 2 mins
- Turn to the person behind you and identify any key issues when attempting to empower children – 2 mins

Hutton Park Consulting 4

What we hear...

- "Kids are ready, willing, and are already attracted to the game (football). Thus, the sport becomes a motivator and a vehicle for change. Sports has been shown and proven to increase school attendance, concentration, teamwork, coordination, self-confidence, and healthier choices, to mention a few". (Football coach; Tanzania)

Hutton Park Consulting 5

Why empower children in/through sport?

"...the journey from childhood to adulthood—is when youth develop skills and make decisions that will shape the rest of their lives ... Without access to the tools and abilities necessary to build a better future, value is wasted; hope is lost; and a vital generation is sidelined.

But, if... youth can learn useful knowledge for the 21st century, develop and practise skills to be healthy and to work with dignity, gain self-confidence and expanded opportunities for civic participation and service in their communities and to other youth, they will have the blueprint for a successful life".

EMpower.org

Hutton Park Consulting 6

Why empower children in/through sport?

- "By encouraging participation in youth sport, we are empowering our children with tools for a healthy and prosperous future".

Changemakers

- These quotes identify the **potential** of sport to develop empowered children/young people BUT – to what extent do we make this happen in reality?

Hutton Park Consulting 7

Positive youth development and sport

- It is commonly believed that through sports, children and adolescents learn values and skills that will serve them well as they prepare for the rest of their lives.
- Unfortunately, many youth sport programs are neither properly structured nor implemented in a manner that these life skills can be learned in sport and later transferred to other life domains.

Enhancing Youth Development Through Sport – Danish et al 2011

Hutton Park Consulting 8

All together now...

- Offer some key benefits of developing responsibility and creativity in children/young people
- Don't worry if your ideas seem too simplistic/common sense

Hutton Park Consulting 9

Responsibility and Creativity

- So...let's get active and explore how we can make this all happen.

Hutton Park Consulting 10