



**MBA, Margaret Moore, Institute of Coaching, McLean Hospital, an affiliate of Harvard Medical School**



**Prof. Dr John Lyle, University of Queensland & Dr Christopher Cushion, Loughborough University**

*Impulsreferat, Mittwoch, 6. Juni 2012*

### **Health, Wellness and Sports Coaching (in English)**

This workshop examines the concept of coaching as it is applied in varying contexts, and invites the participants to contribute to a critical understanding of the use of the term 'coaching' in these contexts. The workshop is structured as follows:

Introduction (05 minutes):	Facilitator
Presentation 1 (30 minutes):	Margaret Moore, MBA
Presentation 2 (30 minute):	Prof. Dr John Lyle, Dr Christopher Cushion
Discussion (25 minutes):	Facilitator and presenters

#### *Presentation 1: Health & Wellness Coaching*

Professional health and wellness coaches help clients improve health and well-being through their expertise in helping clients tap into their autonomy and self-motivation, develop the capacity to change, and engage consistently in positive health mindsets and behaviors. Coaches are becoming important change agents in transforming health care from a system that fosters dependency to one that empowers individuals to take charge of their health and well-being. This presentation will explore the competencies of the professional health and wellness coach in facilitating sustainable change to mind and behavior.

#### *Presentation 2: Sports Coaching Domains*

Sports coaching domains imply a set of situationally dependent roles and a particular set of assumptions and expectations. We will argue that an aggregation of behaviours and practice that characterise coaching in different sports environments creates distinctive communities of practice. This short workshop presentation makes the case that the term 'coach' should not be applied generically to the roles of sports teacher, performance coach and sports instructor. An understanding of the distinctions is required for coach education and development, and has implications for the professionalisation of sports coaching. The workshop will include presenter-led questions to participants, focused on (a) identifying the characteristics of each domain, (b) identifying the expertise required, and (c) identifying the implications for coach education and development.

### **Biographies**

Margaret Moore/Coach Meg, MBA, is a 17-year veteran of the biotechnology industry in the UK, Canada, US, and France. In 2000, she shifted to prevention and founded Wellcoaches Corporation - strategic partner of the American College of Sports Medicine, now a standard-bearer for professional coaches in healthcare and wellness having trained more than 5,000 health professionals as health and wellness coaches in 32 countries. Margaret is co-founder and co-director of the Institute of Coaching at McLean Hospital, an affiliate of Harvard Medical School, and co-director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. She co-leads the National Consortium for Credentialing of Health & Wellness Coaches, a consortium of 73 organizations which is developing a national certification, training and education standards,

and a collaborative coaching research agenda. She is the lead author of the first coaching textbook in healthcare, the Coaching Psychology Manual published by Lippincott, Williams & Wilkins, and co-authored a Harvard Health Book titled "Organize Your Mind, Organize Your Life," translating the neuroscience of brain organization into self-coaching tools, to be published in January 2012. She publishes blogs at Psychology Today and Huffington Post and tweets @coachmeg.

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Professor Dr John Lyle until recently was Professor of Sports Coaching in the Carnegie Faculty of Leeds Metropolitan University, and prior to that Dean of the School of Psychology and Sport Sciences at Northumbria University. This was the culmination of a long and successful career in higher education, first in physical education and thereafter specialising in sports coaching studies. He established the first professional diploma in sports coaching and the first Masters degree in coaching studies in the UK. He has played a significant role in the development of sports coaching as an academic field of study, and is the author of three influential textbooks, including *Sports Coaching Concepts* (Routledge, 2002). He combines a role as an academic with a role as research consultant, collaborating with a number of universities and national sports agencies. John's academic experience is complemented by a considerable personal experience as a coach, involvement in the determination of sports coaching policy in the UK, and engagement in the delivery of coach education and development. He has coached and played volleyball at international level, including the European Championships, World University Games and European club championships. He was also a professional soccer player.

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Dr. Christopher Cushion took up a PhD studentship and completed his PhD in 2001, an ethnography of the coaching process in elite youth football, after completing his undergraduate degree at Brunel University. He was appointed a lecturing position in Sports Coaching and Performance, and progressed to Senior Research Lecturer in Coaching and Performance; being appointed as the pathway leader for the MSc in Sports Coaching. In 2006, Chris was appointed as Course Director for the BSc Sports Coaching and Teaching/Research Group Leader for Coaching at Leeds Metropolitan University. He has a wide interest in coaching being involved as an external reviewer in the UK Coaching Certificate endorsement process and a range of coaching related consultancy projects for both the public and private sector. Within sport and industry, his clients include Chelsea F.C., Fulham F.C., Bath R.F.C., Tottenham Hotspur F.C., The Football Association, Sport Universal (Amisco) Sport Coach UK, Skills Active, Department of Culture, Media and Sport, OPTA, Elite Analysis, Sport Scientific and Sports Hub. Chris is actively involved in coaching practice being a UEFA qualified football coach. He has extensive experience in sport from participation to performance coaching in the UK and the United States including 10 years work in professional youth football for a range of clubs. These included Norwich City F.C., Brentford F.C., Queens Park Rangers F. C. Fulham F. C., and Derby County F.C.

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### **Important Literature**

#### *Margaret Moore (Peer-reviewed Publications)*

Accepted for publication: Amer. Journal of Phys. Medicine & Rehab: Coaching for Behavior Change in Psychiatry  
Climbing up Mount Lasting Change; ACSM Health & Fitness Journal July 2009

Relational Flow: Theoretical Model for the Intuitive Dance, ICF Coaching Research Proceedings 2006

Principles of Behavioral Psychology in Wellness Coaching, ICF Coaching Research Proceedings 2005

#### *John Lyle*

Lyle J (2011) What is a coach and what is coaching? In I Stafford (ed) Coaching Children in Sport. London: Routledge, 5-16

Lyle J (2011) Sport development, sports coaching and domain specificity. In B. Houlihan and M. Green (eds) The Routledge Handbook of Sports Development. London: Routledge, 487-500

Lyle J, Cushion C (eds) (2010) Sports Coaching: Professionalisation and Practice. Edinburgh: Churchill Livingstone

Lyle J (2002) *Sports Coaching Concepts*. London: Routledge

*Christopher Cushion*

Cushion CJ (2011) Coaches' learning and development. In Stafford (Ed.) *Coaching Children in Sport*. London: Routledge, 57-68

Jones JL, Potrac P, Cushion C J, Tore-Ranglan L (eds) (2010). *The Sociology of Sports Coaching*. London: Routledge

Lyle J, Cushion CJ (eds) (2010) *Sports coaching: professionalisation and practice*. Edinburgh: Churchill Livingstone

Cushion CJ (2010) Understanding the coaching process in elite youth soccer. In B. Drust, T. Reilly, M.A. Williams (Eds) *International Research in Science and Soccer . The proceedings of the first world conference on science and soccer*. Oxford: Routledge

Cushion CJ (2009) Modelling the complexity of the coaching process. *Soccer Journal*, 54(1), 8-12