

COACHMATE STORY

Name : Komal

Area : Black Country - Smethwick



StreetGames CoachMate programme was developed to improve access to coach development opportunities and provide personalised support for young people from lower socio-economic groups that were looking to become coaches and leaders.

PURPOSE

Komal joined the CoachMate programme through her previous involvement with Benson Community through a family member. She was keen to join for health and wellbeing reasons and initially became involved following conversations with Benson's project leader and Rus Smith from StreetGames.

Komal self-identified her development areas being mainly focused on the need to build confidence and competence to enable her to become a qualified coach. Something which seemed like a difficult goal due to family and peer pressure, as well as her disability.



SUPPORT

Over a nine month period, Komal engaged in a range of formal, informal, peer-led and self-led coach developing programmes that took a gradual approach. Alongside this, confidence was built with Rus and Benson Community.

Over this period, Komal also enrolled at Sandwell College to undertake a coaching placement. Staff members at the college were on hand to help her in any way she needed. Some support came through language and specially adapted materials to ensure barriers were removed. The main aim was to make coaching accessible to Komal, the opportunity was given to coach at Portway Lifestyle Centre, which allowed Komal to put theory into practice.

OUTCOMES ACHIEVED

In the nine months, Komal gained formal coaching and compliance qualifications alongside invaluable experience and support. The formal outcomes were:

- Safeguarding certificate
- First Aid certificate
- 2 StreetGames workshops awards
- Activity Alliance including Activity Award
- Level 2 in Multiskills.

In addition to this 24 hours were spent providing informal training. Komal is now a qualified and compliant coach and is continuing her placement with Sandwell College.

QUOTE

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To be a coach really seemed like someone like me can't do it. However I now have the confidence and a network to make other's lives better through coaching and support that I can give.

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