

LEARN TO LEAD



LADIES GAELIC FOOTBALL LEADERSHIP PROGRAMME

What is it?

The LGFA Leadership Programme has been devised to develop the next generation of female leaders within Ladies Gaelic Football.

The course is delivered over twelve months by experts in the fields of coaching, officiating, administration or PR/media.

What will I learn?

The expert trainers will impart their knowledge in key areas impacting the development of Ladies Gaelic Football.

You will gain expertise in the following:

- Coaching
- Officiating
- Administration
- PR/media

There are 20 places available, 5 for each strand of the course. Participants will be supported in developing their leadership skills by being mentored one to one by an assigned expert for the duration of the programme.

Where and when is it on?

The Leadership Programme is being run nationally commencing in Croke Park, in March 2019. For further details on dates and times visit, <http://ladiesgaelic.ie/female-leadership-programme/>

How do I qualify?

If you're female, over 18 and interested in becoming an accomplished leader, the Ladies Gaelic Football Leadership Programme is for you.



CONTACT US NOW

To express your interest please email lyn.savage@lgfa.ie

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www.ladiesgaelic.ie



ABOUT THIS PROGRAMME

This programme is designed for females aged 18+ interested in developing personally and also leading teams potentially through their role in LGFA.

Over 4 days, and 6 evenings, we will examine diverse leadership skills and focus on techniques and skill sets involved plus how to implement leadership models that will help you deliver results both yourself and through others.



There is no “one size fits all” approach to effective leadership skills and this will be evident as we develop leaders in coaching, officiating, administration and PR/Media strands. The interactive programme is designed to provide you with the skills and insights you need to develop a leadership style that will allow you to reach your potential.

The 4 days will focus on general leadership skills delivered by some of the most successful Irish leaders while each strand will then have 6 evenings specific to their training needs. Each successful participant will also be assigned a mentor who will work one on one with them throughout the process. This is a unique programme and aims to support future female leaders of ladies gaelic football.

PROGRAMME BENEFITS

- Engage with like-minded future leaders in Ladies Gaelic Football
- Insight and understanding of your own leadership style
- Enhanced communication skills
- Emotional intelligence skills
- Techniques to motivate and inspire you and your teams
- Training and advice from experienced leadership trainers
- Feedback and support from assigned mentor
- Confidence in your own abilities through practical learning and application



AIMS AND OBJECTIVES

By the end of this programme, Participants will:

- Understand what makes a good leader
- Gain an insight into their own leadership style
- Know how to motivate and inspire themselves and their teams
- Learn how to, and when to adapt your leadership style
- Know how to develop a strong communication style
- Understand how to self-reflect and develop to reach potential
- Have a clear understanding of what is needed to become a leader in their selected strand



CHOOSING A STRAND

All participants will attend the four generic leadership training days with some of the top Irish experts in this area. There will also be a high profile female key note speaker on each of those days sharing their knowledge and experience.

Each participant will then attend six evenings to get specific training for their selected strand. This will be two evenings between each generic day. *So which strand should you select?*



Coach

Are you an aspiring club or county coach?



Official

Is your ambition to referee in Croke Park?



Administrator

Will you play a key role off the pitch to govern the games?

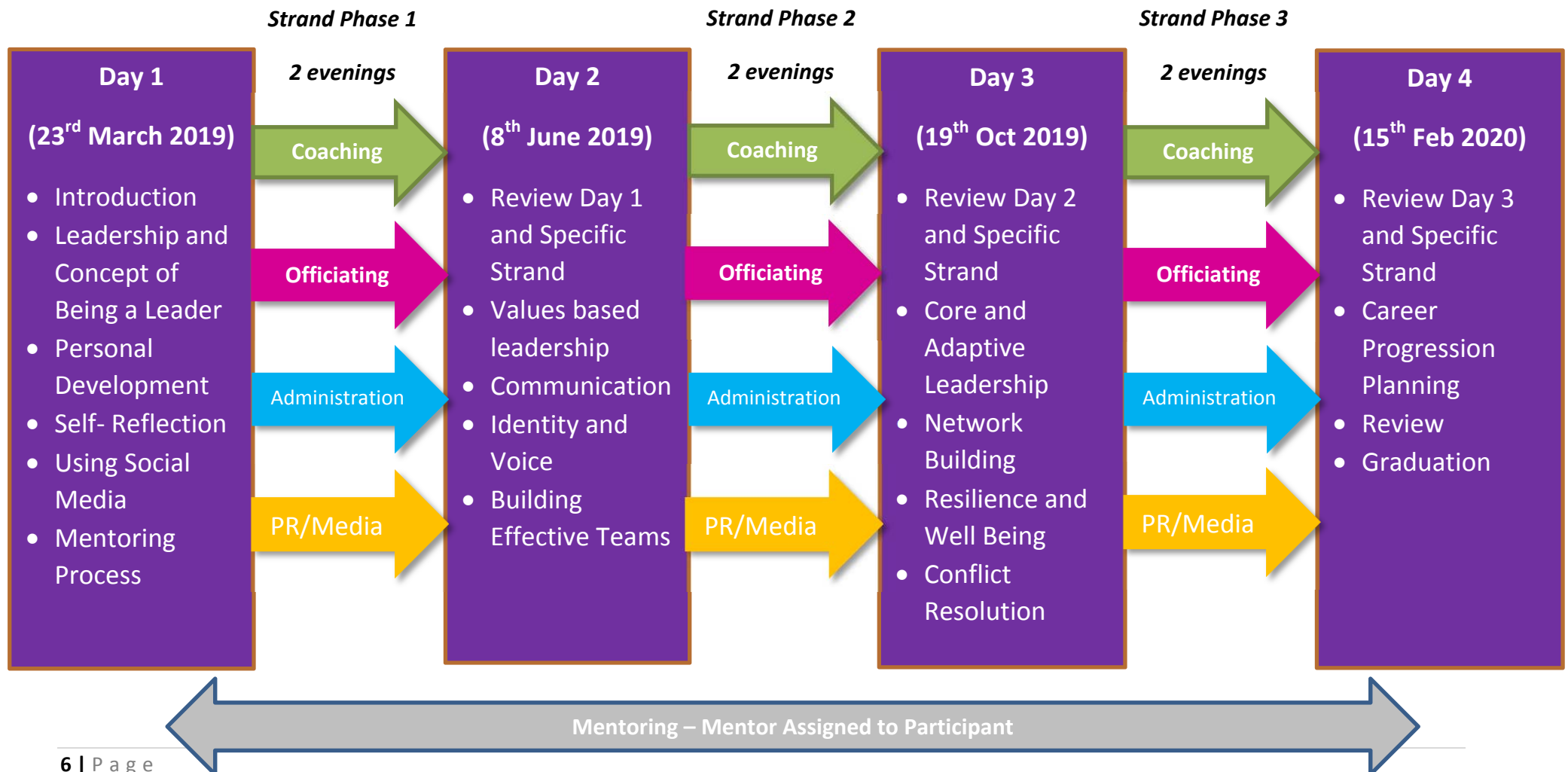


PR/Media

Do you want to raise the profile of the game on TV, radio or social media?

PROGRAMME STRUCTURE

Successful participants must be available for all dates of the generic modules and the five candidates of each strand will agree dates on Day 1 for their phase dates specific to their strand. The strand workshops will be delivered at a venue central to the five participants. A key note will be delivered on each generic day by a high profile female leader.



PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

Day 1 Theme: Introduction to Leadership

1 Module 1: Introduction to LGFA Leadership Programme

- Structure of the programme
- Aims and objectives
- Participant requirements

2 Module 2: What is Leadership?

- Leadership versus management
- Examining the role & attributes of a strong leader
- Reviewing different levels of leadership
- Exploring the concept of being a leader

3 Module 3: Personal Development

- Leadership Styles
- Discover your leadership style
- The strengths and weaknesses of your style
- Adapting your style to a situation

4 Module 4: Self Reflection

- Monitor own performance and behaviour
- Analyse opportunities for personal development

5 Module 6: Using Social Media

- Lessons from Social Media
- Showcasing your journey

6 Module 7: The Mentoring Process

- Role of the Mentor and Mentee
- Mentoring objectives and responsibilities
- Introduction to mentor

PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

Day 2 Theme: Becoming an Effective Leader

1 Module 1: Reflection to Date

- Review learning outcomes since Day 1
- Analyse current practice

2 Module 2: Values Based Leadership

- What are values?
- What is a values based leader?
- Becoming a values based leader

3 Module 3: Communication

- Effective communication
- Barriers to communication
- Verbal v Non-verbal communication
- Communication skills

4 Module 4: Identity and Voice

- Who you are and how you express yourself
- Self-perception of voice
- Building social connections

5 Module 5: Building Effective Teams

- Understand the meaning of a team
- Improve individual and group productivity
- Establishing team goals
- Determining clear roles and responsibilities
- Improve communication with a team

PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

Day 3 Theme: Overcoming Challenges

1 Module 1: Reflection to Date

- Review learning outcomes since Day 2
- Analyse current practice

2 Module 2: Core and Adaptive Leadership

- Core v Adaptive leadership competencies
- Emotional intelligence
- Adaptive leadership iteration

3 Module 3: Network Building

- Recognise potential benefits of networking
- Be able to identify in-person and online methods for building their own networks
- To make an action plan for developing professional networks

4 Module 4: Resilience and Well Being

- Develop knowledge and skills regarding self, peer and team coaching to improve resilience and wellbeing
- How to reduce challenges of burnout and disengagement

5 Module 5: Conflict Resolution

- Define confrontation and your role in managing conflict to ensure you maximise individual and team performance
- Identified your preferred style/s in influencing others and managing conflict
- Skills for resolving conflict and confrontation

PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

Day 4 Theme: The Final Destination

1 Module 1: Reflection to Date

- Review learning outcomes since Day 2
- Analyse current practice

2 Module 2: Career Progression Planning

- Assess current skills, interests and values
- Career planning process
- Explore options and related pathways
- Set career goals

3 Module 3: Review

- Key learnings through generic and strand modules
- Putting theory into practice
- Leadership lessons learned

4 Module 4: Graduation

- The final destination



PROGRAMME CONTENT – COACHING

Phase 1

1 Module 1

- Evaluate coaching styles, beliefs and effective practices in coaching
- Identify Role of the Coach
- Teach key points for main skills of the game (**HHF**)
- Identify how to coach a skill (**IDEAL**)
- Identify the components of the mentoring programme and community of practice
- Reflect on current coaching practice and develop a reflective coaching journal

2 Module 2

- Develop understanding of Movement Quality and how to improve it
- Coach Games for Understanding via **Coach – Play – Coach** Model
- Demonstrate how to improve engagement with players (**TEDPIE**)
- Develop coaches knowledge of the rules of the game
- Reflect on current coaching practice and input into reflective journal

Phase 2

3 Module 3:

- Apply **FRINA** acronym into our coaching practice
- Observe best practice demonstration
- Plan a pattern of play taking into consideration **attacking skills, defensive skills, rules that apply, Coaching tips** and how it assists with demands of our game
- Reflect on current coaching practice and input into reflective journal

4 Module 4:

- Plan, Layout, Demonstrate, Deliver and Review Pattern of play
- Apply self-reflective practice into coaching behaviour
- Observe, Analyse and provide feedback
- Identify the key components of management of people and resources
- Reflect on current coaching practice and input into reflective journal

PROGRAMME CONTENT – COACHING

Phase 3

5 Module 5

- Develop skills that will create a positive coaching environment and assist with improving player and team performance i.e. performance profiling, performance analysis, goal setting etc.
- Reflect on current coaching practice and input into reflective journal

6 Module 6

- Identify strategies with a view to developing a long term development pathway of a player that is age appropriate
- Review coaches learning over the course of the programme
- Plan Next Steps



PROGRAMME CONTENT – OFFICIATING

Phase 1

1 Module 1

- Identify why people become referees
- Provide guidelines on how referees prepare for games
- Provide information in relation to the field of play
- Increase knowledge on the types of communication a referee needs, the difference and importance of verbal and non-verbal communication
- Identify signals of the game

2 Module 2

- Increase awareness of the playing rules of LGF
- Assist referees in understanding fouls, yellow and red card offences in LGF
- Provide guidelines on leadership on the pitch
- Provide guidelines on how to deal with conflict scenarios affecting the referee

Phase 2

3 Module 3:

- Provide information on the key aspects of physical fitness for a referee
- Understand athletic development and the role it plays with referees
- Identify injury prevention techniques
- Provide guidelines on assessment procedures

4 Module 4:

- Apply nutritional and hydration guideline before and after a game
- Outline the fundamental skills of refereeing- analysis, observation and decision making
- Identify the fundamental skills when refereeing
- Apply the rules of the game in match situations

PROGRAMME CONTENT – OFFICIATING

Phase 3

5 Module 5

- Explain referee reports and highlight the importance of correct reporting procedures
- Detail the importance of working with a team
- Role of umpires, linesperson, 4th official, score assist
- Create awareness of the playing rules of LGF
- Assist referees in understanding the rules of LGF
- Develop score taking techniques

6 Module 6

- Concussion management
- Dealing with media and PR
- Tips on how to control media situations
- Review the strand



PROGRAMME CONTENT – ADMINISTRATION/GOVERNANCE

Phase 1

1 Module 1

- Identify good governance structures and recognise the need to develop healthy governance structures
- Understand and be able to apply the policies and procedures within the Association
- Understand and implement the rules of the association
- Develop an understanding of financial procedures within LGFA

2 Module 2

- Apply critical decision making skills to the role
- Build coherent arguments and articulate point of view effectively

Phase 2

3 Module 3:

- Recognise controversy and preferred style to effectively resolve it
- Develop an understanding of the stages of negotiation and the characteristics of a successful negotiator

4 Module 4:

- Hold productive and action orientated meetings
- Develop the key skills and behaviours required to facilitate a group discussion
- Prepare effectively before facilitating a meeting

PROGRAMME CONTENT – ADMINISTRATION/GOVERNANCE

Phase 3

5 Module 5

- Identify individual team member strengths and how to manage a team
- Recognise the common barriers to delegation, how to overcome these barriers and reap the benefits of delegation
- Demonstrate knowledge of volunteer management principle and how they apply to their role within the association
- Understand the roles and duties of a range of committee members and how to get them to work together effectively and cohesively

6 Module 6

- Identify opportunities for promotion/media exposure within the association and how to manage this
- Demonstrate knowledge of effective planning principles and how to apply this to their role within the association
- Review their Learning over the course of the programme
- Plan Next Steps



PROGRAMME CONTENT – PR/MEDIA

Phase 1

1 Module 1

- Introduction to PR/Media with LGFA – genres and formats
- Identify and conceptualise own personal presence
- Understand the public relations sector
- Recognise media analytical perspectives and concepts
- Develop an understanding of the LGFA Voice

2 Module 2

- Gain understanding of what journalism is
- Develop skills for interviewing and gathering news
- Recognise the language of journalism
- Identify the principles of radio broadcasting
- Understand how to master the soundbite

Phase 2

3 Module 3:

- Develop skills for television interview and commentary
- Recognise the role of social media and master the skills to utilise the various mediums
- Build techniques to enable content generation and podcast development

4 Module 4:

- Apply skills for print media interviews
- Recognise style and structure of writing press releases
- Develop skills and techniques for crisis management

PROGRAMME CONTENT – PR/MEDIA

Phase 3

5 Module 5

- Understand legal and ethical issues in relation to media
- Develop media relations
- Blogging for sports journalism



6 Module 6

- Identify techniques for self-projection
- Identify opportunities for promotion/media exposure within the association and how to manage this
- Review their Learning over the course of the programme
- Plan Next Steps

APPLY NOW

[CLICK HERE TO DOWNLOAD
APPLICATION FORM](#)

Step 1

- Complete the application form and return to lyn.savage@lgfa.ie by Friday 18th January.

Step 2

- Applications will be reviewed and applicants will be shortlisted

Step 3

- Shortlisted applicants will complete short interview with member(s) of LGFA either in person or by phone

Step 4

- Successful applicants will be notified by Monday 4th February

Step 5

- Applicants will confirm place

