# LEARN TO LEAD

LGFA
PEIL na mBAN

## 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 24 places available, 6 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 March 2023.
For Further Information and Application Forms visit the website
**https://ladiesgaelic.ie/learn/learn-to-lead/**

### 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.

FEMALE LEADERSHIP PROGRAMME

**For further information contact**
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www.ladiesgaelic.ie

SPÓRT ÉIREANN
SPORT IRELAND

#WomeninSportIRE

## 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. All successful participants will have access to mentors who will work 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 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

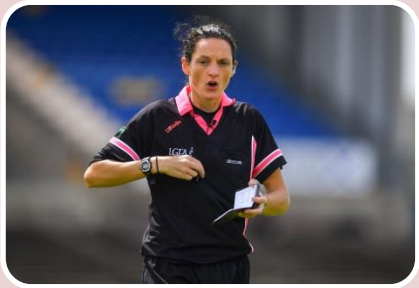
## CHOOSING A STRAND

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 keynote 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 and some of these sessions will be delivered online. *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**

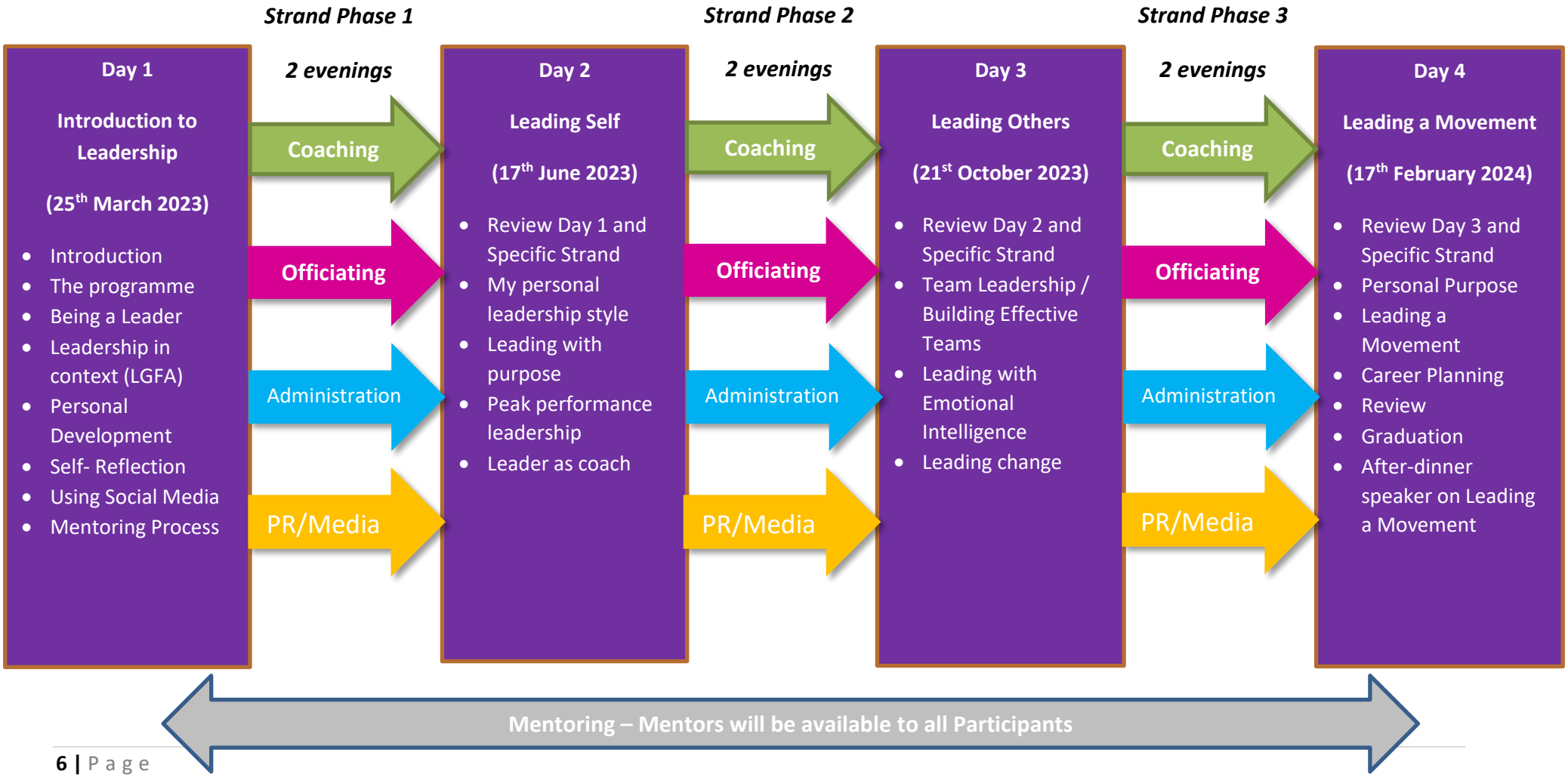
Will you play a key role off the pitch to govern the games?

**PR/Media**

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

## PROGRAMME STRUCTURE

Participants must be available for all dates of the generic and strand specific modules. The strand workshops will be delivered at a venue central to the six participants for face to face but some of the modules taking place online. A keynote 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: Being a Leader

- 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 5: Using Social Media

- Lessons from Social Media
- Showcasing your journey

## 6 Module 6: The Mentoring Process

- Role of the Mentor and Mentee
- Mentoring objectives and responsibilities

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

**Day 2** **Theme: Leading Self**

## 1 Module 1: Reflection to Date

- Review learning outcomes since Day 1
- Analyse current practice

## 2 Module 2: My Personal Leadership Style

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

## 3 Module 3: Leading with Purpose

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

## 4 Module 4: Peak Performance Leadership

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

## 5 Module 5: Leader as Coach

- 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

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

**Day 3** **Theme: Leading Others**

## 1 Module 1: Reflection to Date

- Review learning outcomes since Day 2
- Analyse current practice

## 2 Module 2: 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

## 3 Module 3: Leading with Emotional Intelligence

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

## 3 Module 4: Leading Change

- 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
- Managing change

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

**Day 4** **Theme: Leading a Movement**

## 1 Module 1: Reflection to Date

- Review learning outcomes since Day 3
- Analyse current practice

## 2 Module 2: Personal Purpose

- Assess personal goals and role in movement

## 3 Module 3: Leading a Movement

- Explore leadership pathways in LGFA
- Assess required steps for engaging others on movement

## 4 Module 4: Career Progression Planning

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

## 5 Module 5: Review

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

## 4 Module 6: Graduation

- The final destination

# PROGRAMME CONTENT – COACHING

## Phase 1

### 1 Module 1 – Monday 24th April (Online)

- Evaluate coaching styles, beliefs and effective practices in coaching
- Identify Role of the Coach
- 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 – Monday 29th May

- 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 – Monday 24th July

- Think, Plan, Share, Discuss, Embrace and Apply Coaches way of Coaching
- Reflect on current coaching practice and input into reflective journal

### 4 Module 4 – Monday 18th September

- Plan, Layout, Demonstrate, Deliver and Review Pattern of play
- Apply self-reflective practice into coaching behaviour
- Observe, Analyse and provide feedback
- Reflect on current coaching practice and input into reflective journal
- 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
- Apply FRINA acronym into our coaching practice

## PROGRAMME CONTENT – COACHING

## Phase 3

### 5 Module 5 – Monday 20th November

- Conduct a review of in practice coaching behaviours using video analysis
- Layout, Plan, Deliver and Review a pattern of Play
- Conduct Peer to Peer review of coaching practice

### 6 Module 6 – Monday 22nd January 2024 (Online)

- Conduct a peer review / reflection of coaching behaviours and video analysis
- Develop a sustainable Community of Practice
- Review coaches learning over the course of the programme
- Plan Next Steps

# PROGRAMME CONTENT – OFFICIATING

## Phase 1

### 1 Module 1 – Wednesday 26th April (Online)

- 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 – Wednesday 24th May (Online)

- 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 – Wednesday 5th July (Online)

- Apply nutritional and hydration guidelines 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

### 4 Module 4 – Tuesday 19th September (In Person)

- 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

# PROGRAMME CONTENT – OFFICIATING

## Phase 3

### 5 Module 5 – Monday 13th November (Online)

- 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 – Thursday 18th January 2023 (In Person)

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

# PROGRAMME CONTENT – ADMINISTRATION

## Phase 1

### 1 Module 1 – Wednesday 26th April (Online)

- Discuss effective governance structures and good practice
- Apply the policies and procedures of the Association
- Implement the rules of the Association
- Develop an understanding of financial procedures within LGFA

### 2 Module 2 – Wednesday 31st May (In Person)

- Ability to improve effectiveness of a board
- Demonstrate the skills of a Chairperson
- Improve the management of meetings, agendas and minutes
- Manage internal and external communications

## Phase 2

### 3 Module 3 – Wednesday 6th September (Online)

- Identify the characteristics of a successful and cohesive team
- Gain insight into the roles and responsibilities of each committee member
- Ability to identify when and how to delegate successfully
- Demonstrate effective volunteer management

### 4 Module 4 – Wednesday 11th October (Online)

- Apply critical decision-making skills
- Build coherent arguments and articulate point of view effectively
- Manage controversy and preferred style to effectively resolve it
- Develop an understanding of the stages of negotiation and the characteristics of a successful negotiator

# PROGRAMME CONTENT – ADMINISTRATION

## Phase 3

### 5 Module 5 – Wednesday 6th December (Online)

- Develop the key skills to facilitate and maximise group discussions
- Identify the key components of effective public speaking
- Plan and deliver a speech

### 6 Module 6 – Wednesday 24th January 2024 (In Person)

- Demonstrate and apply knowledge of effective planning
- Lead and manage the process for the development of strategic plans
- Develop and manage effective stakeholder relationships
- Implement a monitor and review process

# PROGRAMME CONTENT – PR/MEDIA

## Phase 1

### 1 Module 1 – Thursday 6th April (Online)

- Introduction to PR/Media with LGFA
- Gain understanding of the public relations sector
- Gain an understanding of what print journalism is
- Apply skills for print media interviews
- Recognise style and structure of writing press releases

### 2 Module 2 – Thursday 11th May (Online)

- Gain an understanding of online journalism and its growth
- Recognise the role of social media
- Master the skills to utilise various social media
- Gain insight into how social media works for a national governing body
- Insight into how social media works for a national governing body
- The 'dos and don'ts' of social media

## Phase 2

### 3 Module 3 – Thursday 6th July (Online)

- Gain an understanding of broadcast journalism
- Content generation and podcast development
- Radio journalism and how it works for LGFA
- TV journalism and how it works for LGFA
- Practical tips for interviewing
- Mastering the soundbite

### 4 Module 4 – Thursday 14th September (Online)

- Gain an understanding of photo-journalism
- Understand how Sportsfile works for the LGFA
- Using your smartphone for sports photography
- Applying sports photography to social media
- Utilising sports photography for mainstream media

# PROGRAMME CONTENT – PR/MEDIA

## Phase 3

### 5 Module 5 – Thursday 14th December (Online)

- Understanding legal and ethical issues in relation to media
- Crisis management – Predict/Prepare/Respond – (e.g. anti-doping violation/bullying/sexual allegations/bullying)
- Ethics of interviewing: Are we on or off the record?
- Ethics of Photographic image use
- Managing a PR/Press event/evening

### 6 Module 6 – Thursday 18th January (Online)

- Review learning over the course of the programme
- Identify key personal strengths to emerge from the programme
- Suggest or identify opportunities for promotion/media
- Plan next steps

## APPLY NOW

**CLICK HERE TO DOWNLOAD APPLICATION FORM**

### Step 1

- Complete the online application form by Friday 1st 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 16th January

### Step 5

- Applicants will confirm place

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