

## CASE STUDY 8

# Rowing Ireland: Women in Coaching Spotlight

### *Name of the initiative:*

Rowing Ireland: Women in Coaching Spotlight

### *Briefly describe the initiative:*

The Women in Coaching Spotlight is an interview series with female coaches in Ireland. The series features coaches from diverse backgrounds and those coaching different age groups and abilities.

### *How did you implement it?*

Coaches are either nominated by peers or selected by Rowing Ireland, to feature in the interview series. The questions remain the same each time. We ask them to explain how they got into coaching, the challenges of coaching and what they enjoy about it. They are also asked what advice they would give to someone thinking about getting involved in coaching. Every 6 weeks, a new interview is published and shared across social media, websites and within our coaching networks.

### *What were your aims for the initiative?*

The aim of the interview series is to highlight women in coaching and increase their visibility. It also demon-

strates the organisation's recognition of the coach. The diversity of coaches featured shows that coaching can be for women of any age or background, showcasing coaches of beginners all the way up to high performance. Finally, it aims to inspire women to take up coaching roles.

### *Did you achieve them?*

The interview series has had a positive response from the rowing community.

### *Any other feedback from the initiative:*

This is a really simple initiative to implement, yet can go a long way in demonstrating the organisation's intent to support and promote women in coaching.

### *Main contact for more details:*

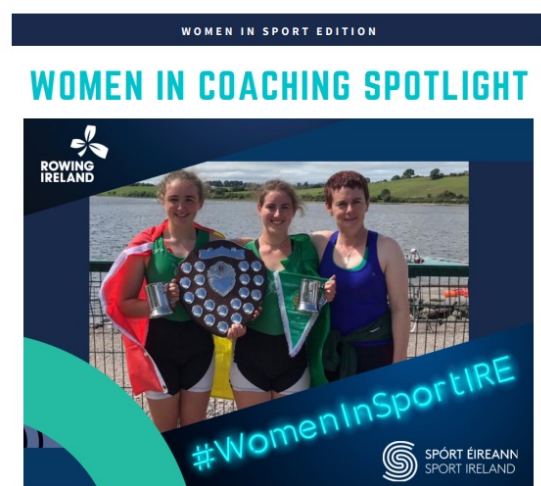
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<https://www.rowingireland.ie/supporting-our-clubs/women-in-sport/showcasing-our-role-models/>



**WOMEN IN COACHING INTERVIEW**  
 Name: Anouk Delimata  
 Club/Crew you are currently coaching:  
 Castleconnell BC, J15/16 Men



**WOMEN IN COACHING INTERVIEW**  
 Name: Kathryn Wall

