

1st Sports Coaching Conference

PROGRAMME

Conference theme:
**Health & Well-Being
through Sport and
Mountain Life**



**9 - 11 October 2020, Chill Factore,
Manchester, England**



Friday

9TH OF OCTOBER

[Register now](#)

Evening programme

17:00 - 17:45 - Registrations/Conference gathering

17:45 - 18:00 - Welcome and opening - Shona Tate

18:00 - 19:30 - Keynote presentation #1 - Tania Cotton - From pain to performance

19:30 - 20:00 - *Break*

20:00 - 21:30 - Keynote presentation #2 - Jane Campbell-Morrison - Resilience in sport

Saturday

10TH OF OCTOBER

[Register now](#)

Daily programme

Anton Suite

09:15 - 09:30 - Welcome - Shona Tate

09:30 - 10:45 - Lecture #1 - Tracy Richardson

Mindfulness, well-being & resilience for children

10:45 - 11:30 - *Break*

11:30 - 12:45 - Lecture #2 - Nancy Chambers

Women in sport

12:45 - 14:00 - *Lunch & networking*

14:00 - 15:15 - Lecture #3 - Federico Sollini

Strength & conditioning

15:15 - 15:45 - *Break*

15:45 - 17:00 - Lecture #4 - Derek Tate

Finding & facilitating FLOW in sport

Parallel sessions - Verbier Suite

09:30 - 10:45 - Workshop #1 - Tania Cotton

Changing the way you think about movement

11:30 - 12:45 - Workshop #2 - Derek Tate

Motor learning and focus of attention

14:00 - 15:15 - Workshop #3 - Tracy Richardson

Well-being resources grounded in science

15:45 - 17:00 - Workshop #4 - Federico Sollini

Basics of body language

Sunday

11TH OF OCTOBER

[Register now](#)

Daily programme

Anton Suite

09:00 - 09:15 - Arrival

09:15 - 10:30 - Lecture #1 - Deb Archibald - Nutrition and well-being in sport

10:30 - 11:15 - *Break*

11:15 - 12:30 - Lecture #2 - Matthew Holman - Not every day will be a winning day: using our mental health as a barometer of performance

12:30 - 13:45 - *Lunch & networking*

13:45 - 15:00 - Lecture #3 - TBC

15:00 - 15:30 - *Break*

15:30 - 16:45 - Lecture #4 - Andrew Denton - The big picture, leading a sector and the politics of health

16:45 - 17:00 - Conference round up & close - Shona Tate

NO MATTER WHAT YOUR SPORT THIS CONFERENCE HAS SOMETHING TO OFFER

