



ENGLAND ATHLETICS



RunTogether

RUN LEADER DEVELOPMENT DAYS 2021

WEBINARS WITH
CHRIS HOLLINSHEAD

Due to Covid restrictions our Run Leader Development Days will be delivered as a series of five webinars in 2021. Chris Hollinshead will be back to support the Run Leaders, giving them the skills to make sessions fun, effective and safe. The webinars will be a mixture of exploring topics, tasks, group discussion and Q&A.

MONDAYS 7.00-8.30PM

- 1 FEBRUARY: Developing confidence and redefining your offer in line with Covid guidelines**
- 8 FEBRUARY: Adapting your offer**
- 15 FEBRUARY: Goal setting**
- 22 FEBRUARY: Core skills of a LiRF – communication, confidence & clarity of thoughts**
- 1 MARCH: Virtual practical sessions**

(Depending on prevailing restrictions, practical days may be planned at a later date.)

For more details and to book your place online visit:
www.EnglandAthletics.org/virtualRLDD



JUST £30
for all 5 Webinars

RUN LEADER DEVELOPMENT DAYS 2021

MONDAY 1 FEBRUARY 2021, 7.00-8.30pm

Developing confidence and redefining your offer in line with Covid guidelines

- A brief overview of the current guidelines.
- What are the challenges both leaders and runners are facing, and what are the differences that are making delivery hard?
- Potential solutions: anything from meeting locations, contactless payments, communication methods etc
- What does a Covid group run look and feel like?

MONDAY 8 FEBRUARY 2021, 7.00-8.30pm

Adapting your offer

- How can you deliver sessions safely but differently?
- What are the options to deliver in Covid secure locations?
- Shaping an appropriate offer for your runners.

MONDAY 15 FEBRUARY 2021, 7.00-8.30pm

Goal setting

- Examples of how to effectively set goals.
- Considerations for duration of them and alternative goals with limited race opportunities.
- How do virtual races fit into the competition offer?
- How do your runners get back to where they were before lockdown?

MONDAY 22 FEBRUARY 2021, 7.00-8.30pm

Core skills of a LiRF – communication, confidence & clarity of thoughts

- What makes a good leader?
- How can you support your group more effectively from afar?
- Recruiting/retaining members during lockdown.
- Developing the leader.

MONDAY 1 MARCH 2021, 7.00-8.30pm

Virtual practical sessions

- Practical videos to support warm ups, running technique, main sessions and cool down.
- Examples of sample sessions, the importance of soft skills and aligning delivery to Covid guidelines.
- Resources that you can use after the webinar.
- Discussion on what to include in sessions and theming activities.

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- Cost £30 for all 5 webinars

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