

Bespoke Race Coaching Day

Richard Whitworth Sailing invites you to a coaching session to improve your sailing and racing skills.



The program starts with my High Impact Questionnaire (HIQ) prior to the event to assess where maximum impact can be made on your sailing. This will also kick start you into thinking about a coaching process rather than just going racing.

On the day I'll initially lead a discussion to draw out the key elements from the HIQ, initiate a different mind set to facilitate the day and feed in learning points appropriately.

We'll then develop these points further on the water and take plenty of time outs to consolidate learning and balance this with time to practice newly found skills.

Once ashore we'll brainstorm the session, consolidate the key points capturing the fundamentals of the day and draw out the golden nuggets.



So,
something
to look forward to!

Have a look at the High Impact Questionnaire and Check List for the day so that we can plan out the sessions.

I look forward to a fun day's coaching with you on the water.

See you soon,

Richard

