



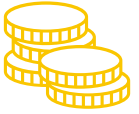
Fast Track for Female Coaches

Sport NSW

Women in High Performance Coaching

Fast Track for Female Coaches 2019+

Sport NSW



\$440 pp



5-week program

- 4 Online sessions
- 1 Workshop
- 1 face to face sessions



Partnered with ACPE,
NSW Football Legacy
Program, NSWIS



Development and
Pathways Coaches
Female and gender-
diverse coaches across
NSW



Aim and Objectives

Aim: To provide an intensive leadership and development course for development and pathways coaches in NSW who identify as female or gender diverse.

Objective:

- To address an identified gap in coach education early in the pipeline.
- To encourage self-reflection and strengthen leadership and communication skills.
- To address communication, leadership, coaching philosophy and goal setting earlier.

Description

Established by Sport NSW in 2019, [Fast Track for Female Coaches](#) is a cross-sport leadership program for development and elite pathway coaches. Interactive workshops strengthen self-reflection, leadership and communication skills across Development and Elite/Pathway streams.

Program

Selection:

- EOI by application

Format:

- 4 Online Workshops (2.5 hours)
- De-escalation Training workshop
- A networking and panel discussion event

Facilitators:

- Australian College of Physical Education (ACPE) Staff
- Guest coaches and experts

Focus:

- Moves beyond technical tactics to emphasize leadership behaviours, communication, and confidence.

Outcomes and Impact

Builds **confidence and ambition** to progress into elite coaching.

Creates lasting **cross-sport and alumni networks** for shared learning and support.

Provides access to **expert presenters, facilities and learning experiences**.

Strengthens **reflection, growth planning and practical application**.

Builds the **relationships and resilience** needed for a sustainable career.

Returns coaches with **practical ideas, renewed motivation and stronger connections**.

Recommendations

- Develop leadership skills alongside technical coaching skills to build confidence, influence, communication, and decision-making capability.
- Create tailored pathways for different coaching stages, recognising that emerging, development, and high-performance coaches have different needs.
- Prioritise peer networks and communities of practice to reduce isolation and provide ongoing support beyond the program. Use interactive and reflective learning approaches, including practical workshops, self-reflection activities, and real-world coaching scenarios.
- Help participants clarify their coaching philosophy and values, strengthening their leadership identity and coaching effectiveness.
- Bring coaches together from multiple sports to encourage broader learning, shared experiences, and cross-sport collaboration.
- Focus on building confidence, resilience, and leadership presence, particularly for coaches progressing into higher-pressure environments.
- Embed athlete-centred and inclusive coaching practices to support positive environments and participant wellbeing.
- Provide ongoing support beyond the program, such as mentoring, alumni networks, follow-up learning opportunities, or sponsorship initiatives.
- Measure long-term impact, including coach retention, progression into leadership roles, and expansion of professional networks.

Application for others

Successful programs combine leadership development, strong peer networks, practical learning experiences, and clear progression pathways, creating environments where women coaches can build confidence, capability, visibility, and a sense of belonging. Program was developed in collaboration with elite female and male coaches to understand key coaching attributes to address.

Connection with other female coaches is highly valued and sought.

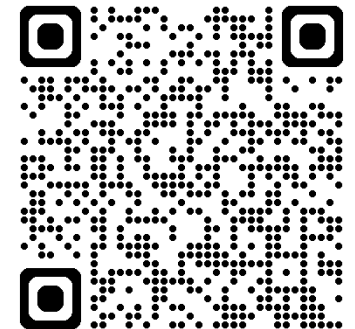
Role models of all genders are important.

Both community and pathway coaches have a **strong desire to learn skills** beyond technical and tactical side of their sport.



PROGRAM LINK

- [2026 Program](#)
- [2024 Video](#)





“The energy that the women in the room bring is certainly very motivating.”

“It’s been massively beneficial.”

“They’ve got a support network now.”

“It’s been a great experience to connect and network with other women in coaching.”