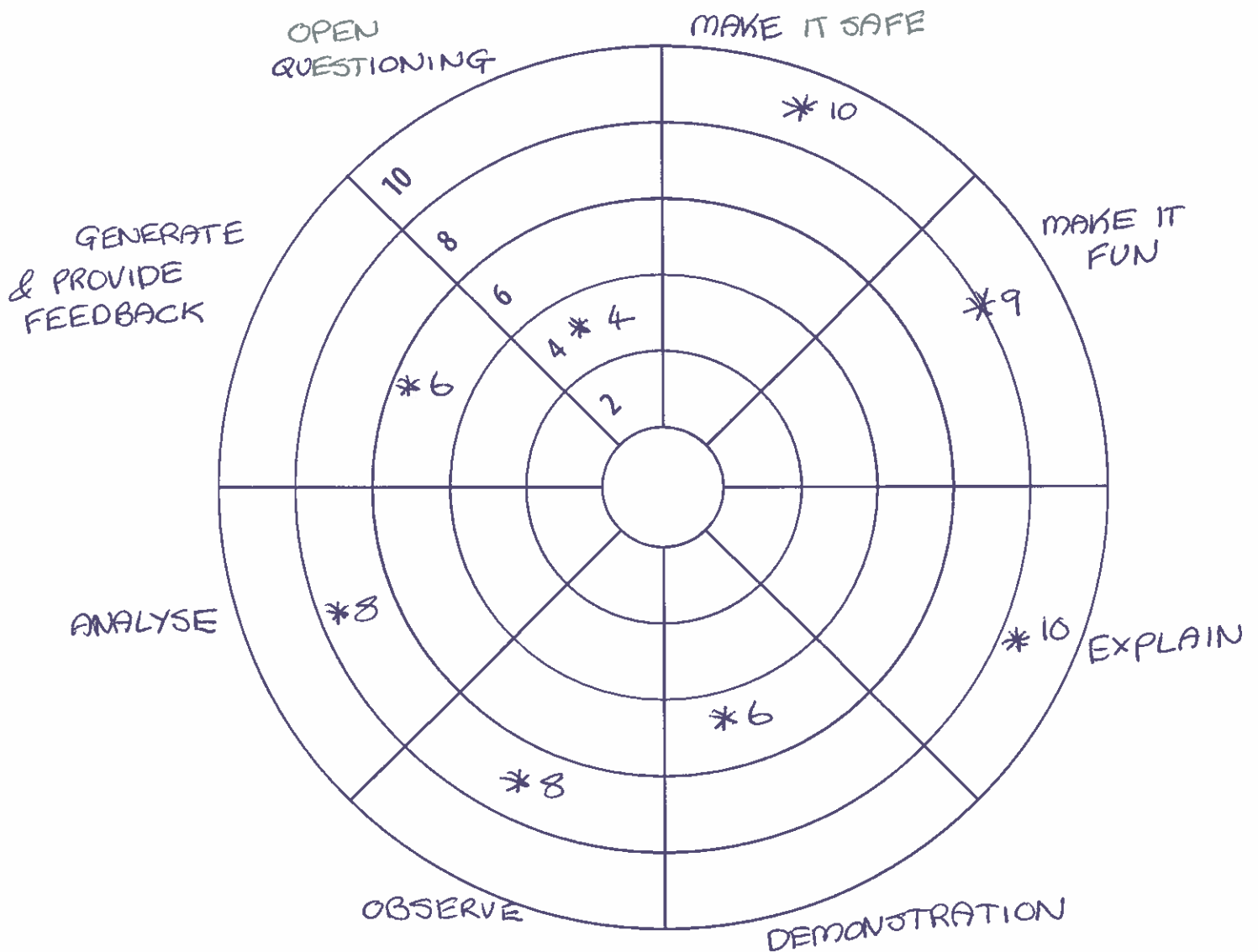


Benchmarking Exercise ⁸

Having reflected on those statements now complete your second profile wheel; you should have completed the first in your pre-course induction pack.

Choose 8 areas to focus on in your development, these may be the same as the initial benchmarking exercise or they may now be different based on your learning and experiences. Remember you can also work on areas of strength as well as areas that require improvement.

Once you have prioritised the 8 these then label each outer segment of the wheel with each specific area. Now rate that skill between 1 – 10 (1 being an area of weakness requiring improvement and 10 being the highest). Now label each segment of the wheel and plot where on the scale your skill level sits.



⁸ The RCCC would like to acknowledge sports coach UK for the use of the Coach Profile Wheel and Action Plan which is used to support the professional development of coaches.