

COACH MENTORING

The best coaches don't develop alone.

MORE THAN ADVICE. A SPACE TO THINK DIFFERENTLY.

Coach Mentoring is an ongoing developmental relationship for coaches who want to keep questioning, exploring and evolving their practice.

It isn't about having someone more experienced tell you what to do. It creates space to step outside the day-to-day of coaching, look more closely at what's happening, challenge your thinking and explore what might be possible.

THE DIFFERENCE

MENTORING DOESN'T GIVE YOU SOMEONE ELSE'S ANSWERS.

Great coaching rarely develops through answers alone. It develops through noticing more, asking better questions, experimenting with ideas and reflecting honestly on what happens.

My role isn't to create a version of how I coach. It's to help you understand and continually question how you coach — developing greater clarity, confidence and ownership of the coach you're becoming.

YOUR COACHING

YOUR THINKING

YOUR DEVELOPMENT



BECOME MORE CURIOUS ABOUT THE COACH YOU'RE BECOMING.

MORE THAN SOMEONE TO TALK TO.

Coach Mentoring creates a space to look more closely at your coaching – what you notice, the decisions you make, the assumptions behind them and what you might explore next.

The aim isn't dependence on a mentor. It's greater confidence in your own thinking.



NOTICE MORE NOTICE RATHER THAN ASSUME

Great coaching starts with seeing what is actually happening. We'll slow things down, look more closely and explore what might otherwise go unnoticed.



QUESTION QUESTION RATHER THAN ACCEPT

Why did you make that decision? What else might be happening? What assumptions are shaping your response? Better questions open up different possibilities.



REFLECT REFLECT RATHER THAN SIMPLY MOVE ON

Experience alone doesn't guarantee development. We use reflection to make sense of what happened, what you learned and what might deserve attention next.



CHALLENGE CHALLENGE RATHER THAN REINFORCE

Good mentoring shouldn't simply confirm what you already think. I'll challenge ideas and assumptions when useful – and expect you to challenge mine too.



CLARIFY CLARITY RATHER THAN MORE COMPLEXITY

Coaching can become complicated very quickly. Together we'll work to find what really matters and turn complexity into clearer thinking and purposeful action.



EVOLVE EVOLVE RATHER THAN ARRIVE

There isn't a finished version of you as a coach. As your experience, athletes and environment change, your thinking and practice should continue changing too.



**BETTER QUESTIONS
CHANGE THE WAY YOU SEE.**

DEVELOPMENT THROUGH CONVERSATION, ACTION AND REFLECTION.

Mentoring becomes valuable when conversation connects with what happens in your real coaching. We explore what matters, turn thinking into action and then use what happens next to learn more.

There isn't a fixed pathway. The relationship evolves around you and your coaching.

01

EXPLORE

UNDERSTAND WHAT'S HAPPENING.

We start with your coaching — the people you work with, the environment you work in and the questions, challenges or opportunities that are occupying your thinking.

02

QUESTION

LOOK BEYOND THE FIRST ANSWER.

Together we examine what you're noticing, the decisions you're making and the assumptions behind them. Different questions can reveal possibilities that weren't immediately obvious.

03

EXPERIMENT

TURN THINKING INTO PRACTICE.

Ideas become useful when you do something with them. We identify things worth trying in your coaching and use real experience to test, challenge and develop your thinking.

04

REFLECT

LEARN FROM WHAT HAPPENS NEXT.

We come back to what happened. What changed? What surprised you? What did you learn? Reflection turns experience into greater understanding — and often gives us the next thing to explore.

WHAT DEVELOPS?

AWARENESS

Notice more of what's happening.

CLARITY

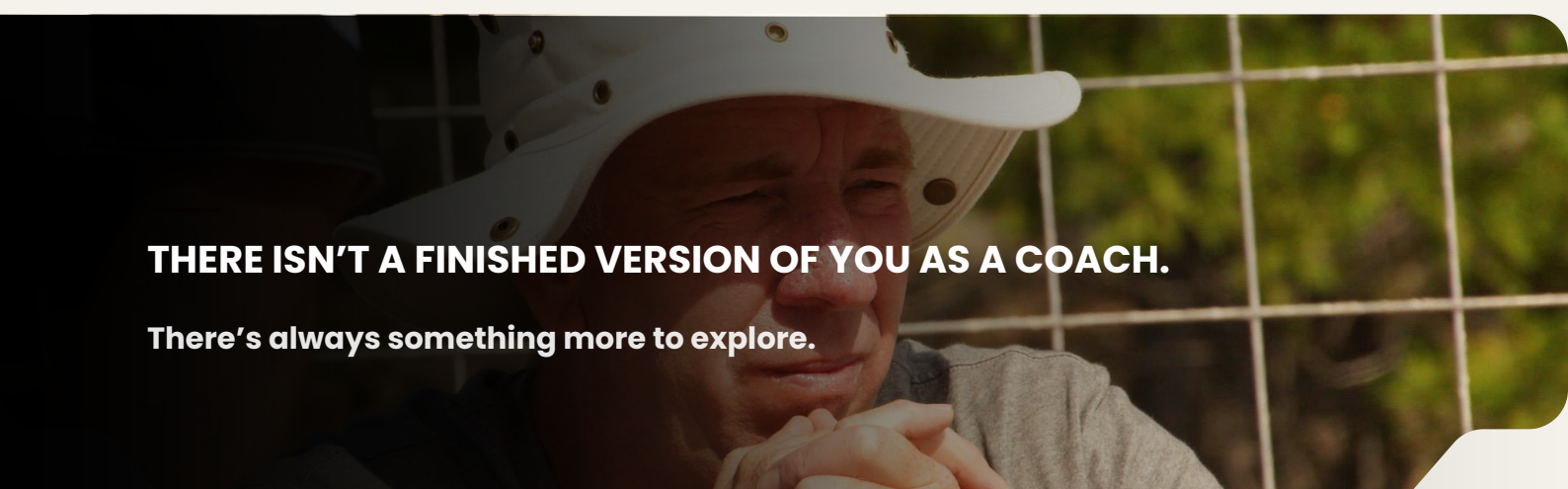
Understand what really matters.

CONFIDENCE

Trust your thinking and decisions.

OWNERSHIP

Shape your own development as a coach.



THERE ISN'T A FINISHED VERSION OF YOU AS A COACH.

There's always something more to explore.

THE EXPERIENCE

WHAT DOES MENTORING ACTUALLY LOOK LIKE?

Every mentoring relationship will be different because every coach, environment and challenge is different. But there are some core elements that create the space for meaningful development.

WHAT YOU GET**ONE-TO-ONE CONVERSATIONS**

Regular conversations focused entirely on you, your coaching and whatever deserves attention at that point in your development.

OBSERVATION & FEEDBACK

Where useful, we can use coaching observation, video or other examples from your practice to look more closely at what's happening and explore it together.

SPACE BETWEEN CONVERSATIONS

Development happens in your coaching, not just in our conversations. Between meetings you'll have space to experiment, notice what happens and bring that learning back.

REAL COACHING, REAL QUESTIONS

Bring the situations you're actually dealing with — athletes, sessions, decisions, relationships, challenges or ideas. The work starts with what is real for you.

CHALLENGE & PERSPECTIVE

I'll bring questions, observations and different perspectives — sometimes supporting your thinking and sometimes deliberately challenging it.

ONGOING DIRECTION

We'll regularly step back and consider what's changing, what you're learning and where your development might usefully go next.

**YOUR
PART****BRING YOUR COACHING.
BRING YOUR QUESTIONS.
BRING YOUR CURIOSITY.**

Mentoring works best when you're prepared to be open about your practice, question your assumptions and experiment with what we discover.

You don't need to arrive with the answers.

You do need to be willing to explore them.



EXPERIENCE MATTERS. SO DOES CONTINUING TO QUESTION IT.

Coach Mentoring is led by Andrew 'Jacko' Jackson, drawing on more than four decades of coaching, coach development and creating environments in which people can grow.



ANDREW 'JACKO' JACKSON COACH & MENTOR

I started coaching at 16 and have spent more than four decades working with paddlers and coaches at every stage of their development — from people taking their first steps in the sport through to World Champions.

That experience gives me plenty to draw on. But mentoring isn't about passing on everything I've learned or persuading you to coach the way I do.

It's about using experience to notice, question, challenge and explore alongside you — helping you make greater sense of your own coaching and the coach you want to become.

THE RELATIONSHIP

I WON'T HAVE ALL THE ANSWERS. THAT'S NOT THE POINT.

Good mentoring needs honesty, curiosity and enough trust for both of us to question what we think we know.

I'll bring my experience, perspective and questions. You'll bring your coaching, your context and your own questions.

What we discover together should help you become increasingly confident in finding your own way forward.

YOUR NEXT STEP

READY TO INVEST IN YOUR OWN DEVELOPMENT?

If Coach Mentoring feels like the right next step, get in touch and we can start with a conversation about your coaching, where you are now and what you'd like to explore.



START A CONVERSATION
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QUESTIONS?
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