

# Donegal Sports Partnership Female Leadership Programme "Beyond 20X20"



## OVERVIEW

Donegal Sports Partnership signed up to the National 20x20 Campaign with the key objective of increasing participation by females in sport by 20% by 2020. The "Beyond 20X20" programme linked into the overall objective of the campaign in providing pathways and opportunities for females to develop their skills, to gain meaningful experiences and to actively stay involved in sport at whatever level they feel comfortable at.



## AIMS

The "Beyond 20X20" programme was developed to support females interested in getting involved in sport at a level appropriate to their needs. The programme was open to females aged 16 + with a passion and commitment and genuine interest in sport at all levels with a view to developing a concept of 'Sport for Life'. Donegal Sports Partnerships aim was to equip female club volunteers in becoming more effective and efficient in their role, while creating invaluable experiences for those involved in the programme. The programme focussed on areas such as; Developing Leadership Skills, Communication, Confidence, Resilience, Mental Health & Wellbeing. Participants had the option to pick one strand that they were most interested in developing from Administration, Coaching, Officiating/Refereeing and Media.

## IMPLEMENTATION

- Consultations were held with staff, Board of Management representatives and with key stakeholders including Head of Department for Sports Studies at LYIT and Sport Ireland Women in Sport Lead to discuss different options that could be used to roll out a Female Leadership Programme.
- A member of staff was selected to coordinate the delivery of the programme.
- Formal launch of the programme through the media - local radio station live interview, local print media, and social media.
- An application process was undertaken: candidates were invited to complete an application form and for those that were short listed, were then offered an interview.
- External delivery partners were sought to deliver the programme, including Performance Matters, Mindfit consultancy, Sport Ireland Coaching, Ladies Gaelic Football Association, Donegal Sports Partnership Media Consultant, Donegal FAI.
- The programme was delivered from March to November 2020 through online delivery due to Covid-19, with two face-to-face meetings when restrictions allowed.



"I have gained confidence in my own ability to make decisions, especially in a leadership role, this has been something I have battled with, as in having the confidence to make decisions with authority"

## OUTCOMES

- 13 participants completed the programme.
- Participants developed more confidence in themselves, belief in their ability and their skills to carry out their roles not only in sport but in their personal & working/ educational lives.
- Participants developed a stronger sense of resilience and have a better understanding of their mental state when coping with challenges, set-backs and stressful situations.
- Participants have grasped a better understanding of leadership, one's values and behaviours which impact on one's style of leadership.



## NEXT STEPS

- Participants will get an opportunity to finish their coaching qualifications (practical aspect) (practical based activities were ceased due to Covid-19)
- Participants will get an opportunity to put their skills into practice in 2021, in which they will continue to be supported by their mentors and Clubs (Once restrictions are eased and it is safe to do so).
- Donegal Sports Partnership will roll out another programme in autumn 2021.