



SKILLS FOR LIFE

Leading golf charity the Golf Foundation promotes 'Skills for Life'. What do we mean by this, how do we promote it to young people taking part in our activities and how can learning through golf help young people in their wider lives?

The Golf Foundation encourages young people to enjoy all the benefits of golf and helps them to 'Start, Learn and Stay' in the sport. Far from being just about the numbers, the Golf Foundation wants to help more young people, from whatever background or their level of ability, to enjoy their golf and thrive in their personal development. Golf is a great sport, offering a game for life, 'Skills for Life' and a healthy life.

The teaching of life skills underpins every part of the Golf Foundation's 'HSBC Golf Roots' programme and our set of values as an organisation. Each year, the charity reaches 500,000 youngsters with the aim of introducing at least 50,000 of them to a golf club and 25,000 entering regular PGA coaching.

Our values:

The Golf Foundation is proud of its unique history and position in golf, created by Sir Henry Cotton in 1952, to take golf into schools and ultimately to make the game more accessible to young people. We believe that the Golf Foundation can help young people to enjoy the playing and personal benefits of golf by making it:

- ❖ Fun
- ❖ Child-centred
- ❖ Inclusive
- ❖ Inspiring
- ❖ Innovative
- ❖ Enriching

How do we promote Skills for Life in our golf activities?

Junior Golf Passport

Tens of thousands of children have had their 'Junior Golf Passports' stamped in the last 18 months as they make their journey from school to regular club golf.

By March 2017, there were 613 golf clubs and 815 PGA Coaches registered with the national learning programme in England and Wales. The Passport contains a whole section for coaches on how to teach and reward key life skills in golf such as respect, honesty and perseverance. Juniors receive ticks in their Passport once they have demonstrated these key skills.





Tri-Golf Festivals & School Games



Picture: Leaderboard Photography

A key strategic aim of the Golf Foundation is to help more young people enjoy the playing and personal benefits of golf by making the sport more accessible.

The School Games was created to provide more competitive sport in state schools in England as a legacy of the London 2012 Olympics and golf has played a big part in this. The values of the Games are heavily promoted within the School Games, which fit perfectly with Skills for Life.

In Tri-Golf Festivals and StreetGolf Sixes, nearly 3,000 schools deliver golf as part of the School Games, reaching more than 300,000 youngsters. In all of these festivals, young sports leaders give a score to the teams on how well they have worked together, encouraged each other, played safely and respected the leaders and each other. This has led to an overall Skills for Life winner at each event which means as much to the school teams as winning the event.

New Skills for Life trophy and awards

Thanks to funding from The 80:20 Charitable Trust and support from *Golf Monthly* magazine, we have launched a new 'Skills for Life' trophy and awards scheme for golf clubs in England, Scotland and Wales that will help to champion the good values of the sport.

'Skills for Life' values include: honesty, respect, co-operation and resilience, while many club members might also suggest 'sportsmanship' or 'fair-play'. Each club receives a specially-created Skills for Life trophy to be awarded once a year at their junior awards event, while an attractive medal is also provided as a returnable weekly prize. Each club is invited to nominate their annual Skills for Life winner to receive the Mackenzie Award at the Golf Foundation's prestigious Presidents' Awards ceremony at Wentworth.





How do we help the lives of young people outside of golf?



Picture: Leaderboard Photography

This charity has led the way consistently in recent years in recognising the value of promoting wider personal and social skills through its programmes in golf. However, until recently it lacked a measure of personal development in this area and the method of application to the wider life setting.

Working with life skills specialists, AQR Coaching, the Foundation has utilised a robust measure of traits associated with positive life skills and is also testing a new programme designed to support PGA Pros in their teaching of juniors.

Feedback has been encouraging - coaches guide the juniors in their familiar golf setting with techniques designed to control challenges such as first-tee nerves, pressure putts and concentration lapses. The participants are then encouraged to think how the techniques can then be adapted to everyday wider life situations such as exams, public speaking and controlling anxiety or aggression. Critically, progress is measured. Five leading PGA Pros are now helping to complete the design of a programme around their coaching with the intention of expanding the training to more PGA Coaches.



Picture: Leaderboard Photography

Summary

Golf has a long heritage of sportsmanship between its players and a respect for its Rules. These shared values combined with the unique mental challenges of golf can offer participants some excellent life skills. As a child-centred charity the Golf Foundation recognises that every young person we encounter should have access to learning these positive traits. This is achieved both informally through enjoying learning the sport with friends and adult supporters, but increasingly through our programmes in ways that maximise personal benefits for the youngsters, coaches, club members and families. This charity doesn't want to just create more golfers but more golfers who have a long-time passion and deep respect for all the values of the game. We believe that juniors with Skills for Life will become more committed, long-term golfers who develop a lifelong love of the sport.



What they say



“Many thanks for the Skills for Life trophy and medal. What lovely things for the children to strive to ‘win’ whilst learning some life skills as well.”
Kirsty Taylor - Westonbirt GC

“We used the Skills for Life medal in junior sessions, the kids love it. The medal was awarded to the ‘MVP’; the Most Valuable Person was chosen based on behaviour, helpfulness and encouragement to others, and improvement.”
Alex Boyton - PGA Professional, Cottingham Parks GC

“We are going to mount the trophy on a plinth and present it annually as part of our ‘Major Presentation’ night. The medal will be presented at our regular junior presentations (not weekly but this is the best way to make a big deal of it.) The juniors really like it and have given suggestions as to who they think the first winner should be (they have all said the same person which speaks volumes.)”

The first winner is a young lad who has been playing just over a year and really struggled at first... but has now started to win competitions and has recently reduced to 42 handicap. He attends coaching, plays in all weathers and always has a smile on his face. He is someone that all the other juniors are happy to play with as he is aware of his score and others, he has a good knowledge of the rules and is completely honest and trustworthy. A credit to the club.”

Kathie Glazier, Junior Organiser, Hazel Wood GC

“The Skills for Life medal has worked fantastically for our junior academy. Parents have really got involved, loving what Skills for Life is all about, and how golf offers these skills to their children.

“Handing out this medal has made me chat to parents more and educate them. From this they see added value in our junior academy.”

Zachery Marsh, Head of Junior Development, Mark Janes Golf Academy

