

Growing impact of '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 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.

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.

School Games and Tri-Golf

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 (reaching more than 300,000 youngsters in nearly 3,000 schools).

The values of the Games are heavily promoted within the initiative, which fit perfectly with the qualities promoted in golf by Skills for Life.



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 actually winning the event itself.

Skills for Life trophy – NEW!

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': some examples being 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.



Wider benefits



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 coaching specialists AQR, 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 which 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.

These Pros are Tom Hide of the Coastal Golf Academy, Zachery Marsh of Mark Janes Golf Academy, Matt Edgar of Horton Park GC, Greg Haenen of Boughton GC, and Alex MacGregor of Addington Court. Thanks again all for a brilliant contribution.

What they say



Brandon of Leen Valley GC is thrilled with his Skills for Life medal

"The Skills for Life medal has worked fantastically for our junior academy. Parents have really got involved, loving what Skills for Life is, and how golf offers these skills to their children." Zachery Marsh – Head of Junior Development, Mark Janes Golf Academy

"The Skills for Life trophy has gone down a storm." Debbie Casling – Gloucestershire County Golf Partnership

"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

"The trophies and medals were a huge hit! They really heightened the juniors engagement, enthusiasm and competitiveness, which was fantastic to see! At the final session I had an Academy Presentation where all parents and juniors attended and I handed out the awards. We had over 60 parents/juniors... both the parents and juniors loved it!" Sam Matthews – England Golf, former PGA Pro at Silverdale Golf Club

"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

Part of our DNA

Skills for Life learning features across all of our initiatives, including:

The PGA-endorsed **Junior Golf Passport** – preparing for the excitement and challenge of golf in our clubs;

Tens of thousands of children have learned golf via the Junior Golf Passport. The Passport contains a whole section for coaches on how to **teach** and **reward** key life skills in golf;

Tri-Golf Festivals and School Games – **300,000** youngsters taught teamwork, respect and resilience through golf;

StreetGolf – **community golf** projects for 11+ encourage creativity and

concentration for players of different abilities while making a new **sport fun!**

National Skills for Life Award – all golf clubs invited to reward the demonstration of **Skills for Life** by their juniors;

Training workshops – Foundation team continually working with club volunteers, PGA Pros and school staff to underline **importance** of life skills;

Box of Tricks – a resource and training workshop with the goal of reaching **900** clubs that encourages juniors to stay in the game, promoting a sense of **belonging** and **wellbeing** in junior sections – feedback for the 'Box' has been highly positive for this pilot project so far.

