



**ROWING
IRELAND**



2022

WOMEN'S COACHING NETWORK

Every Second Wednesday from Jan - April, this Series provides an opportunity to meet other coaches, reflect on your own practice and engage in topics to support coach development

JAN

MENTAL HEALTH IN SPORT

Conversation with Elaine Cahill -
Master Graduate of Mental Skills and
Mental Health in Sports and Exercise

FEB

COACH-ATHLETE RELATIONSHIP

Conversation with Olympic Medalists
Aifric Keogh and Eimear Lambe

MAR

WHERE ARE WE NOW, WHERE ARE WE GOING

Review of Sport Ireland, Women in
Coaching Research as part of WiS Week

APR

APRIL - COACH'S CHOICE

Topic TBC following feedback from the
Network.

**12TH JANUARY
9TH FEBUARY
9TH MARCH
13TH APRIL**

7.30- 8.30PM

#WOMENINSPORTIRE

[Click to Register](#)