

£100,000 for
your coaching
development

Where would you
spend it ?



Reader Challenge: Your £100,000 Coaching

Step 1 — List 7 - 10 ideas. Write down things you *could* spend the money on. Don't judge them. Don't rank them. Just get them out of your head.

Step 2 — Narrow to 5. Circle the five that feel most exciting or meaningful.

Step 3 — Choose your final 3. Pick three completely different experiences. If two ideas feel similar, replace one.

Step 4 — Explain your choices. For each of the three, write:

- Why this matters to your coaching
- What you hope to learn
- How it might change your behaviour on court

Step 5 — Share it. Tell a colleague, mentor or friend. The conversation is often more valuable than the list.

Reflection Task: What Does This Reveal About You as a Coach?

After choosing your three experiences, reflect on these prompts:

- What do your choices say about **how you learn best**?
- Which coaching behaviours do you clearly value?
- Are your choices about **skills, confidence, identity, or opportunity**?
- What did you *not* choose — and why?
- If you had to spend the money again, would your choices change?

This helps coaches see the deeper patterns behind their decisions.

Quickfire Version (for workshops or handouts)

In one minute each, answer:

1. *What's the first idea that came to mind?*
2. *Which idea scares you the most — and why?*
3. *Which idea would have the biggest long-term impact?*
4. *Which idea would be the most fun?*
5. *Which idea would challenge your coaching identity?*

Fast, honest answers reveal more than slow, careful ones.