

# Bronze Leadership Awards



## Goal Setter EXPLORER CHALLENGE

Participant are required to set a goal to develop a skill with coach guidance over eight weeks.

They should discuss the skill with the coach and use the template provided in the book write a plan of how they are going to achieve the skill.

Participants will keep a record of what they did each week and then demonstrate their skill to the coach after the 8 weeks. They can demonstrate their skill to the rest of the group after the eight weeks.

### Examples of skills include:

- Plaiting
- Clipping and trimming
- Tacking up
- Bandaging
- Mucking out (speed, efficiency, bedding types)
- Grooming
- Rider fitness and flexibility (use videos/pictures to show before and after)
- Improve riding position (could use photos/videos at start and end to measure progress)
- Complete a Challenge Award to improve general horse care or riding skills
- General yard work skills
- Office skills (greeting clients, booking lessons)
- Yard maintenance skills

### Checklist for achievement

• Suggest and set suitable goal	<i>Discussion with participant and goal recorded in book</i>
• Plan steps to achievement over 8 weeks	<i>Goal broken down in to achievable and measurable steps. Steps logged in book.</i>
• Keep a record of what was covered in each session	<i>These are most likely to be taught sessions. Evidence can include written, pictures, video clips, observation by coach, reference</i>
• Demonstrate skill developed	<i>Practical demonstration by participant but could also include video evidence, pictures, discussion</i>

### Things to consider

- Goal chosen should be suitable for the timeframe and achievable for the participant
- Skill development sessions should take place at the centre under supervision
- How will you support each participant?
- How will the participant show progress?