

Chwaraeon RhCT  
Sport RCT

**Become a  
Community  
Coach**

**DELIVERY PARTNERS**



POWERED BY  
**LEVELLING  
UP**



Funded by  
UK Government



Llywodraeth Cymru  
Welsh Government

12

SESSIONS

7

PARTICIPANTS  
ENROLLED

5

COMPLETED  
THE COURSE

FEEL HEALTHIER

66%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

100%

FEEL MORE CONFIDENT

100%

MADE NEW FRIENDS

100%

INTEND TO CONTINUE TAKING PART

100%

“A very positive experience of sport that helped me to feel included and that I could contribute. A personal challenge that I was supported to meet.”

“Perfect transition from university and into the sector and future employment opportunities in sport. The qualifications were delivered by tutors with excellent knowledge and experience. There was a perfect balance of practical and theory sessions.”

“The course has had many positive aspects for me personally. The main one probably is meeting new people, being part of a team with a group of different people.”

**PRIDE** QUALIFICATIONS  
FRIENDLY PRACTICAL  
ENJOYABLE BALANCED  
FUN STRUCTURED ORGANISED  
BECOME A COMMUNITY COACH  
WELCOMING CHALLENGING SUCCESS  
PLAYFUL PROUD SOCIABLE  
KNOWLEDGEABLE ENJOYMENT