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Exploring humility in coach behaviour. *In: UK Coaching Research Conference. Derby, England.*

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Abstract

This presentation explores the behaviours that build trust in expert coaches and coach developers in alpine skiing. A number of scholars have suggested humility as a fundamental component of trust (e.g. Owens, Johnson & Mitchell, 2013; Pfattheicher & Böhm, 2017) yet despite our extant understanding of humility (e.g. Nielsen, Marrone and Ferraro, 2014) there is almost no work within sport research that explores this concept, with what exists limited to humility in sport performers (Brymer and Oades, 2009; Watson and White, 2012) as opposed to coaches. A compelling rationale therefore exists for research to provide more detail on how humility is expressed in coaching, how this differs between contexts and how we might develop the ability of coaches and coach developers to express humility in a way that develops effective, trusting relationships. Adopting interdisciplinary epistemological assumptions the research aims to identify the main components that inform our best attempt at understanding and explaining expressed humility in a variety of coaching contexts. Data is collected through observation and interview via stimulated recall; using video recorded extracts of coaches/coach developers working with their athletes/coaches to trigger discussion. It is only by spending time investigating behaviour in a variety of coaching contexts that we can better inform the processes of coach and coach developer training and education to ensure this vital aspect of coaching is fully and effectively addressed.