



Coach Core Ambassador Programme FAQs

Do I need experience to apply?

The programme will be open to any young person who has previously been on a Coach Core apprenticeship, but you don't need any previous experience of Youth Voice work. We're looking for people who are interested, willing to share their views, and able to commit to the programme.

How much time will it take?

You'll be asked to commit to the programme for around one year, but your time commitment will vary depending on your involvement.

You'll take part in at least one Task and Finish project, which usually lasts 1-4 weeks. Each project will have clear expectations and time commitments shared in advance.

There may also be occasional opportunities to get involved in events or activities, but these are flexible and optional.

You would be welcome to continue working with the group after 12 months, if you are still interested and able to commit to the timeframes.

What are Task and Finish groups?

Task and Finish groups are small project teams that focus on a specific challenge or area of work.

Example activities might include improving parts of the programme or contributing to new ideas. You'll work with others to share your ideas and help shape solutions.

We have decided to include Task and Finish Groups as it ensures clear expectations and defined outputs.

Can I choose what I get involved in?

Yes. You'll be able to express your interest in different opportunities, and we'll match you to

projects based on your interests, experience, and availability.

Do I need permission from my employer or organisation?

Yes - because the programme involves some time commitment, you'll need the support of your employer or organisation to take part. We may ask you to confirm this as part of your application.

What if I'm not confident or nervous about taking part?

That's completely normal - and you're not alone.

You don't need to be confident to apply. The programme is designed to help you build confidence, develop skills, and grow over time, with support from Coach Core and other ambassadors.

Will I be expected to speak publicly?

There may be opportunities to take part in events or share your experiences, but these are always optional, and we'll support and prepare you in advance.

What support will I receive?

You'll receive:

- A named contact for support
- Clear guidance and expectations
- A safe and inclusive environment
- Access to training and development opportunities
- We'll support you throughout the programme to help you feel confident and comfortable.

Will I be paid?

We're not currently able to offer financial payment for taking part.

However, all agreed travel expenses will be covered, so you won't be out of pocket. We will recognise your contribution through vouchers or other incentives, where appropriate, and you'll also gain valuable experience, skills, and development opportunities

Will I get anything at the end of the programme?

Yes - you'll receive:

- A reference outlining your contribution
- Recognition of your involvement (e.g. events, reports, communications)

- New skills, experience, and connections
- You'll also be more closely connected to Coach Core and will be given further opportunities to attend our events, where relevant and of interest.

Why should I apply?

Being part of this programme will allow you to:

- Make a difference by using your experiences and ideas to help improve Coach Core programmes and the apprentice experience for future young people
- Develop valuable skills including leadership, communication, public speaking, networking, and influencing
- Gain professional experience through involvement in real projects, decision-making, and opportunities to represent Coach Core
- Build your network and future opportunities by connecting with other graduates, Coach Core staff, and partners across the sport and physical activity sector.

How will this support my future career?

Taking part in the Ambassador Programme will help you build the skills, experience, and confidence that employers look for. Through the programme, you will:

- Gain practical experience by contributing to real projects, sharing ideas, and influencing decisions within a national organisation.
- Develop transferable skills such as leadership, communication, teamwork, problem-solving, networking, and public speaking.
- Strengthen your CV and professional profile with evidence of project involvement, youth leadership, and organisational influence.
- Build your professional network by connecting with Coach Core staff, partners, employers, and other graduates.
- Receive recognition for your contribution, including references and opportunities to showcase your achievements.
- Increase your confidence in sharing your views, working collaboratively, and taking on future leadership opportunities.
- Whether you want to become a mentor, advocate, project lead, or simply feel more confident sharing your ideas and influencing change, the Ambassador Programme can help you take the next step on your leadership journey.

What happens after I apply?

We'll review all applications after the closing date. Whilst we aren't looking for any specific experience, we will want to ensure that applicants can commit to the programme, have support from their employer (or Coach Core contact) and are available to engage with us for a 12-month period.

If we think another opportunity might be a better fit for you at this time, we'll let you know and, where possible, support you to explore alternative ways to get involved with Coach Core.

Successful applicants will be invited to a welcome session with the other ambassadors, where we'll introduce the programme, get to know each other, and share more about our ambitions for the year ahead.

What if I can't attend every session?

We understand that you may have other commitments.

We aim to be as flexible as possible, but involvement in the Task and Finish groups will require a level of engagement in order to achieve their desired outcomes.

Who will I be working with?

You'll be part of a group of other Coach Core graduates and will work with a range of Coach Core staff across different teams.

What if I have a question or need help applying?

If you're unsure about anything or need support with your application, you can contact us at Amy Fazackerley, Policy and Partnerships Manager: amy.fazackerley@coachcore.org.uk or 07722125099