

Coaching in the UK: A Spotlight on Coaching Barriers

In 2017, UK Coaching commissioned the largest-ever survey into coaches and coaching. Over 20,000 adults were surveyed about their experience of receiving coaching and their experience of being a coach. This has allowed us to gain a deeper insight into the main barriers that coaches face in the UK.

Coaching Barriers

Key barriers for coaches to overcome include:

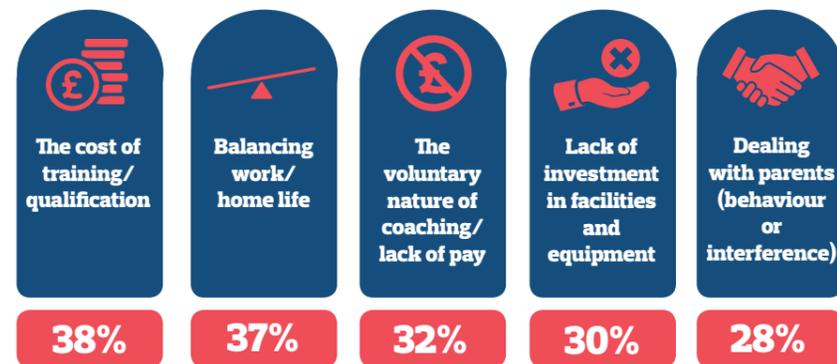


Figure 1: Barriers to coaching according to active coaches in the UK

Coaching Settings

Barriers to coaching vary according to coaching setting.

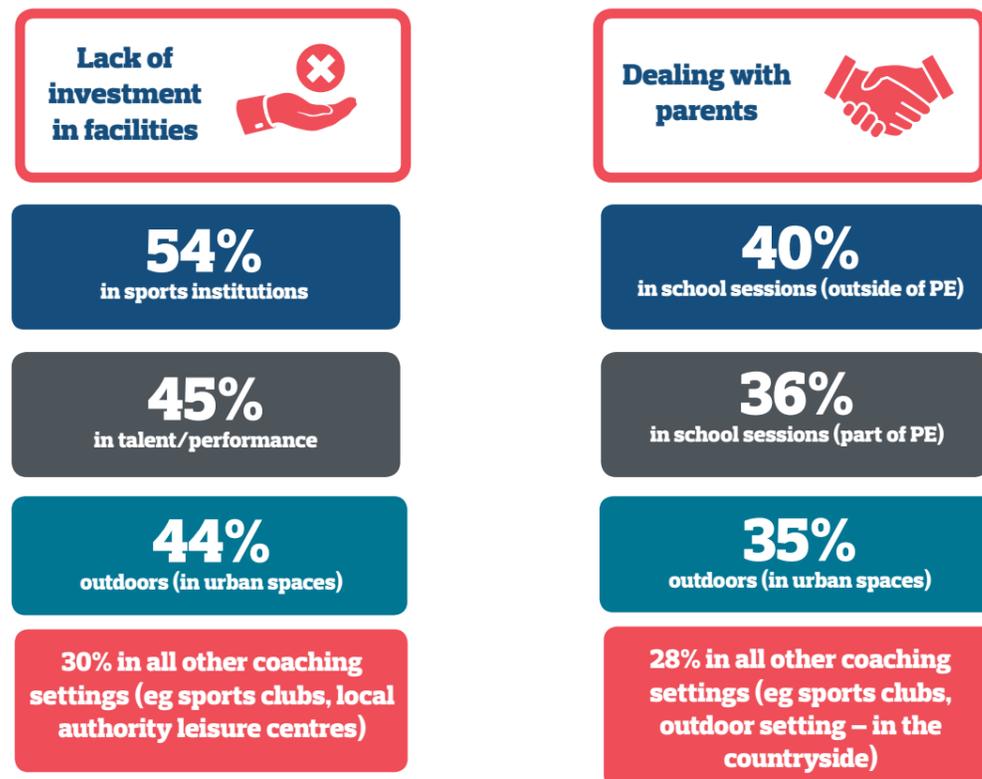


Figure 2: Barriers to coaching according to coaching setting

Coaching Roles

The majority of coaches consider the cost of training/qualifications as the main barrier that coaches in the UK face. Other main barriers include balancing work/home life, lack of investment in facilities and dealing with parents.

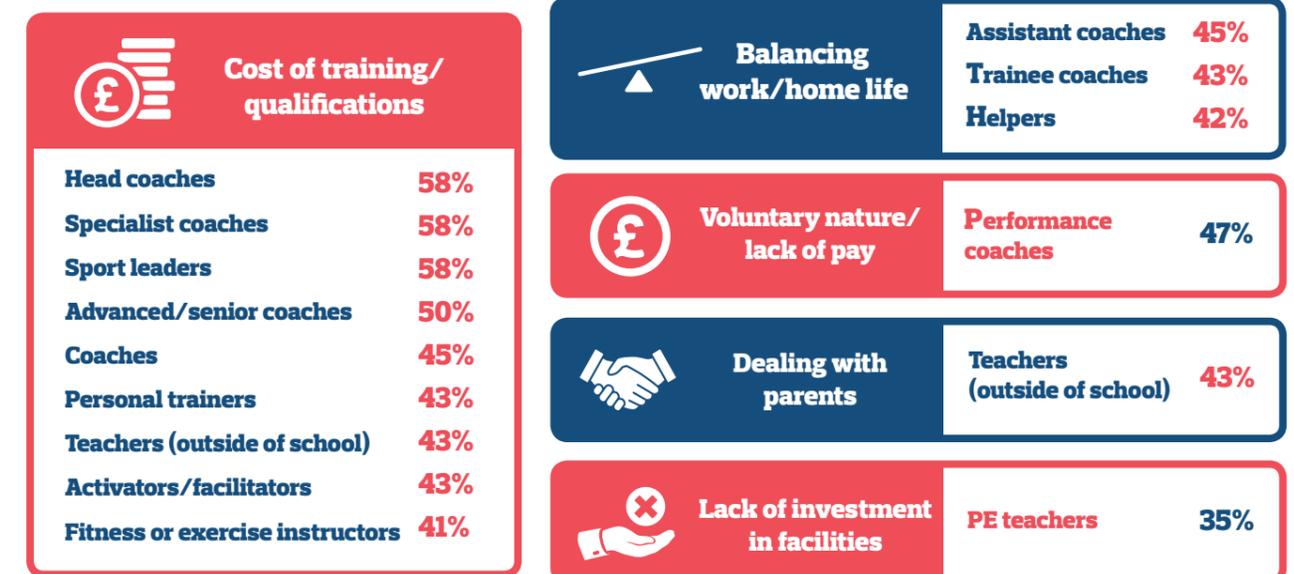


Figure 3: Main barrier to coaching according to each coaching role (proportion of coaches)

Paid and Voluntary

Volunteer and paid coaches have different perceptions about the main barrier coaches face in the UK.

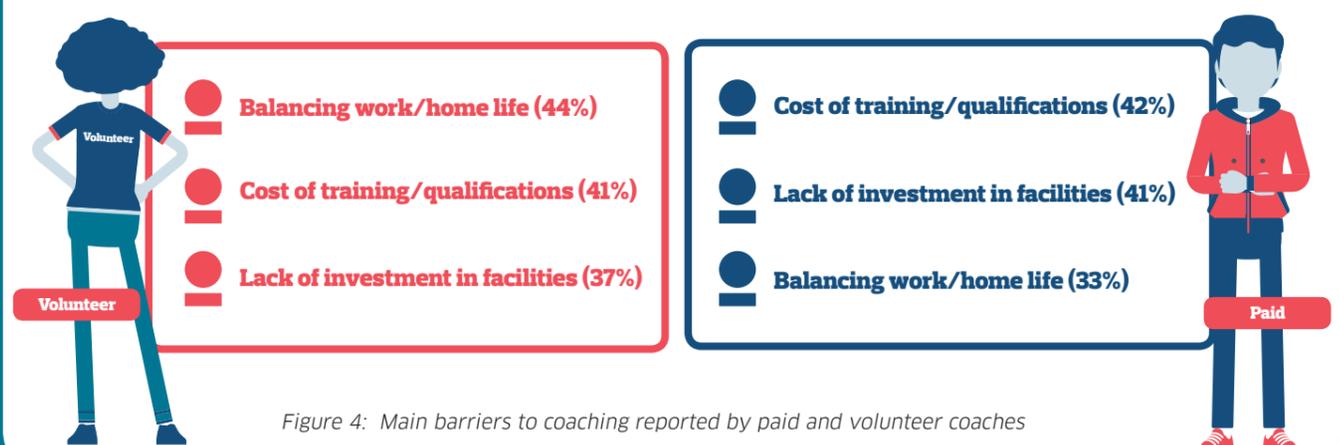


Figure 4: Main barriers to coaching reported by paid and volunteer coaches

There are a variety of barriers people face when it comes to being a coach, but coaches have identified training costs, balancing work/home life and lack of pay as the main barriers. Yet barrier perceptions differ according to coaching roles, settings and status. In order to increase the incidence of coaching in the UK and decrease dropout rates, it is important to consider barriers specific to the target population.