**A8** Wednesday, May 28, 2025



P.O. Box 2820, Yellowknife, NT, X1A 2R1 Office: 5108 50th Street, Yellowknife Phone: (867) 873-4031 Fax: (867) 873-8507 Toll free: (855) 873-6675 E-mail: nnsl@nnsl.com

> FOUNDER (1934-2018): J.W. (Sig) Sigvaldason

GROUP PUBLISHER:

Mike W. Bryant - mike.bryant@nnsl.com

MANAGING EDITOR: James McCarthy - james.mccarthy@nnsl.com

> Editorial board: Mike W. Bryant • James McCarthy Derek Neary

Reporters: editorial@nnsl.com Tom Taylor • Devon Tredinnick James McCarthy

> Sports: sports@nnsl.com

ACCOUNTING: receivables@nnsl.com Simran Kaur

ADVERTISING advertising@nnsl.com Representatives: Petra Memedi • James Boylan Director of product development: Laura Whittle

> ADVERTISING PRODUCTION Production manager: Jennifer Reyes

> > Customer service: classifieds@nnsl.com Sophia Jia

CIRCULATION: circulation@nnsl.com Circulation coordinator: Edison Mathew Circulation clerk: Maya Cardenas-McGregor

Subscriptions: Print: (mail) \$95/year Online: (entire content) \$50/year

Canada



NNSL Media, a division of Black Press Media

Publishers of: Inuvik Drum • Kivalliq News Yellowknifer • Hay River Hub NWT News/North Nunavut News/North

Member of: Ontario Community Newspapers Association Manitoba Community Newspapers Association Saskatchewan Weekly Newspapers Association Alberta Weekly Newspapers Association

## The Advanced Coaching Diploma: A living system in action



Columnist Thorsten Gohl is now the proud owner of the Advanced Coaching Diploma, which is the country's highest level of coach education. Photo courtesy of Thorsten Gohl

## Northern News Services

I just completed the Advanced Coaching Diploma (ACD), Canada's highest level of coach education and, like most good things in life, it was not what I expected. It was deeper. Messier. More reflective. And honestly? More human.

Offered through the Coaching Association of Canada and delivered by partners like the Canadian Sport

Institute, the ACD isn't just about technical knowledge or performance data. It's about developing a whole coach, someone who can lead with intention, think systemically, and stay grounded in what matters most. Performance Plan (IPP) weren't just deliverables, I used them as living documents. Shared in Google folders and updated in real time, collaboratively built with athletes and coaches. The conversations around them were often more powerful than the plans themselves.

Feedback That Stayed With Me Throughout the program, I received feed-

back from mentors and peers that still echoes in my mind:

"Your forward-thinking, rebuilding materials, mentorship, PD, shows leadership that's already lifting others." — Sherry "Others might feel over-

whelmed by what you do, but you

the behind-the-scenes magic that kept the learning flowing.

To my fellow ACD coaches, thank you for your laughter, your late-night wisdom, your honesty. We didn't just complete a program, we built a community of reflective, values-driven leaders.

A Living System

The ACD reminded me that coaching isn't a checklist. It's a living system, shaped by people, relationships, reflection, and a willingness to stretch. And like any living system, it needs care. It grows through conversation, curiosity, and connection.

Some of the most meaningful moments came not during the courses themselves, but during my final presentation. That's when the feedback hit differently. It wasn't about checking competencies, it was a reflection of who I was. Not in a polished or performative way, but in just being. Present. Grounded. It wasn't about proving something. It was about recognizing the purpose behind the work, why we show up, again and again. Why we create space. Why we build systems that give our youth the chance to become the best version of themselves. A human approach. Not a perfect plan, but a powerful ripple. The ACD gave me better tools. Clearer language. But most importantly, it offered confirmation that how we lead, teach, and connect matters. And that this work is never done alone because coaching is collective. It's ongoing. It's alive. This isn't the end of a plan. It's the beginning of a ripple. If you have any questions about the Advanced Coaching Diploma or are interested in joining, please feel free to reach out. I'd be happy to share more. *—Thorsten Gohl is the co-ordinator of* Physical Literacy NWT.

Ontario, Manitoba and Alberta Press Councils Yellowknife Chamber of Commerce

Contents copyright – printed in the North by Canarctic Graphics Limited

## SEND US YOUR COMMENTS

You can e-mail us at editorial@nnsl.com; mail to Box 2820, Yellowknife X1A 2R1; or drop your letter off at our office at 5108-50th Street. All letters submitted must be signed with a return address and daytime telephone number so that we can confirm it came from you.

Not all letters will necessarily be published. Preference is given to short letters of broad interest or concern.

We particularly encourage new contributors as we attempt to publish a cross-section of public opinion.

Letters of more than 300 words, open letters and those published elsewhere are seldom used. We reserve the right to edit for length or taste and to eliminate inaccurate or libelous statements.

We may also choose to use a letter as the basis for a story.

At the centre of the ACD are five core competencies:

- Coaching Leadership
- Coaching Effectiveness
- Performance Planning
- Performance Analysis

• Program Management Yes, these are categories. But they aren't checkboxes. They're living threads. Threads that connect practices, people, and purpose.

I Didn't Start with a Map

When I began this journey, I didn't have a defined coaching philosophy. I didn't have a folder labelled "values." But I had been doing the work, walking alongside youth, holding space for growth, showing up in communities across the North. The ACD didn't tell me what to believe, it gave me language for what I already believed. It gave me a structure to help others grow, while still growing myself.

Planning tools like the GAPS analysis, the Yearly Training Plan (YTP), or the Individual make it a source of impact." — Natalia

"Your legacy goes far beyond coaching, it's about how you empower others and create sustainable change." — Adam, ACD Mentor

These weren't just compliments. They were mirrors. Reminders that the things we quietly tend to, mentorship, systems, gentle nudges of encouragement, are noticed.

This Was Never a Solo Ride To Sport North, thank you for

your support through the They Can Coach grant. Your investment didn't just support me, it amplified a ripple in the northern coaching community.

To Adam, my mentor, thank you for holding space for ideas (even the scattered ones), for asking the questions that needed to be asked, and for walking alongside me through it all.

To Darcy, for creating a container of safety, challenge, and curiosity. And to Jason and the team at CSI Alberta, thank you for managing

**Thorsten Gohl** *is the* co-ordinator of Physical Literacy NWT

COMMENT



GUEST