

Personal steps

This is a possible pathway a person could take to become a leader and the support required at each stage.

Step 1

Seeing the possibilities.

Before becoming a deliverer.

- Positive experience of a sport or being active, in community activities or schools, or seeing friends or family benefit.
- Experience of disability, from personal life or work or volunteering.
- Exposed to role models and interesting career options in sports and physical activity.
See this [video about disabled people in leader roles](#).

Step 2

Showing interest or potential. 'Exploring.'

Individual interested in leading or delivering activity.

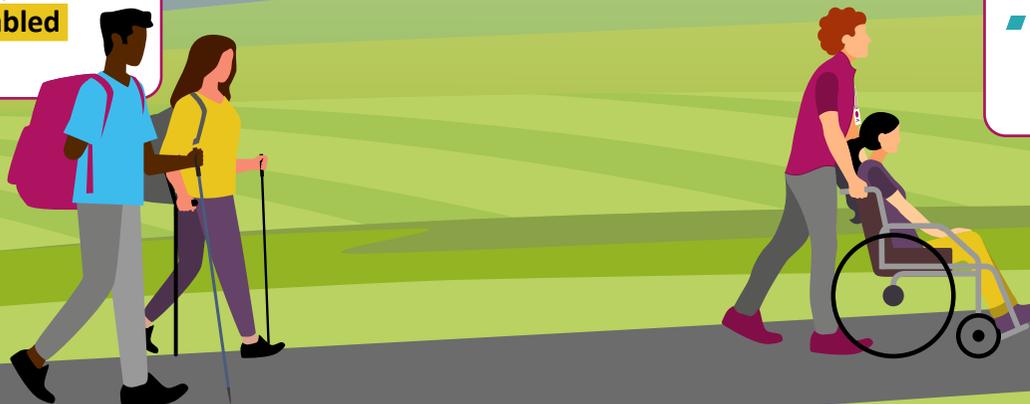
- Informal chats about opportunities and future interests.
- Seeking and applying for volunteer roles, placements, or work experience, in delivery or supporting roles.
- Creating or updating CV.
- The [instructability guides](#) are a good place to start with this.

Step 3

Preparing and learning.

Gaining qualifications.

- Gaining formal qualification in, for example, delivering activity, supporting individuals to be active, or inclusion. The [instructability guide](#) has listed some available training courses but also check with your local [active partnerships](#).
- Informal training is also important. Find opportunities to shadow leaders or gain informal 'on the job' experience.
- Understand which skills need to be developed further informally, like communication, interviewing, or leadership skills.



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Step 4

Ready to lead activity.

- Job searching your local **active partnership** could be a good place to start and **UK Sport**.
- Gaining a paid position as part of an existing programme.
- Continuing to learn from peers and other networks.
- Confidently leading and adapting inclusive activity sessions.

Step 5

Leading and succeeding.

Succeeding in the role and leading others.

- Helping others to start their journey to becoming a deliverer.
- Creating strong community connections and connections.
- Influencing and inspiring people in senior roles across the sector.
- Contributing to training or development courses.
- Advocacy and leadership roles.

