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Implementation of an Online Group Model for Work-related Well-being Among Sport Instructors

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Why an online group for sports instructors?

- Work in small and mid-sized municipalities providing physical activity and well-being counseling and group guidance for all age groups
- Independent working mode, having only little collegial or community support
- More research is needed on the work-related well-being of sports instructors, as well as methods on how to improve it





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The aim of the online group was to support sport instructors'

- work-related well-being
- reciprocal social support and
- relatedness
- other topics raised by the participants



Theoretical approaches

- Model of social support (Pyhältö)
- Self-determination theory (Deci & Ryan)



TOGETHER -Towards an online community among sport instructors

31

Sport
instructors

Age mean

42 (range 32-61)

years

28 women

3 men

EDUCATION

Bachelor  15

Vocational
education  13

Master  3



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Work experience in a
municipality

12 years mean

Current position for

7 years mean

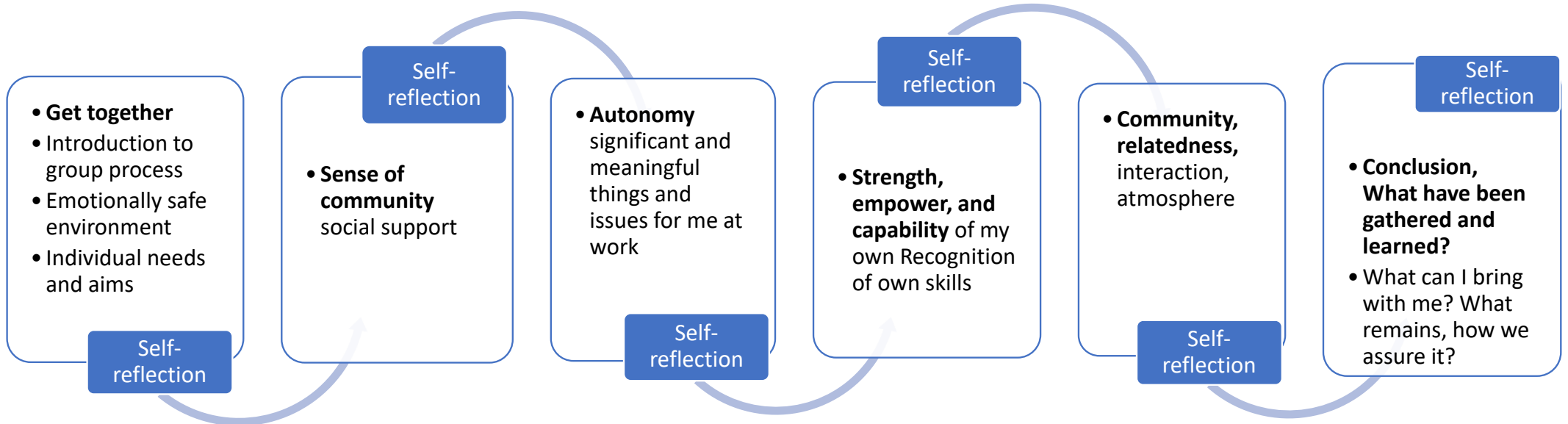




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The process of online group
6 meetings
4-6 people in a group
6 groups
1 facilitator

Recurring meeting structure
1. Orientation
2. Reflection on the previous theme
3. The meeting theme: instruction from the facilitator + discussion among the participants
4. Reflection: by the group and by each participant personally



Participants' reflections



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- The group was found very positive

Learned something new about themselves and ways to work
-> long-term effect

Reciprocal support concerning work and methods

They were able to be present in the middle of busy work: to concentrate on group discussions and thoughts

Learning from others

Online meetings were fluent and comfortable

Future development



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- ⑩ Necessary to focus on the **work-related well-being of sports instructor professionals**
 - ⑩ Who maintain demanding counseling and guidance in physical activity and the well-being of others
 - ⑩ Who put their effort into **municipality residents** with the increasing number of multiple well-being challenges

- ⑩ More results...
 - ⑩ Participants' **experiences of the group, and social support**
 - ⑩ Further development of the online group model





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Thank you!

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