

Chris Brain: 00:13

Hello and welcome to the coaching podcast. We have a very special episode today because today is my final day on the coaching podcast and we're going to be handing over to Georgina Maxwell. Hi, George. How are you doing?

Georgina Maxwell: 00:26

Hello Chris! I'm good. Thank you. Excited!

Chris Brain: 00:30

Yeah, great! You should be. So, the next 12 months of the podcast, Georgina is going to hosting it, going to be interviewing loads of different guests, and we're going to hear more about that shortly. So, tell us a bit more about yourself, who you are as a coach, who you are as a paddler.

Georgina Maxwell: 00:4

Yeah. Hi everyone. I'm very much looking forward to doing this podcast for the next 12 months. My name's Georgina Maxwell, I live up in the north of Scotland. I feel like I couldn't be anywhere else now. It's just lovely up here. We've got the dam releases all summer, which is excellent. I'm a white water paddler. I'm also a winter mountaineering climbing instructor. My whole life from the age of 16 to the age of now 41 quite ripe has been spent outdoors doing outdoor education, did it as a degree, I've worked in a number of places from grassroots stuff in outdoor centres to Glenmore Lodge National Outdoor Center to Plas-y-Brenin, worked with the British military, I worked in a private school and all of these things it's been gathering a wealth of experience and knowledge within the outdoors. What do I like to do in my own time? I've just become a mum so, I'm a mum of one and I still like to paddle. Paddling, climbing, skiing, road biking. These are all the sorts of things that I just really enjoy doing in my own time. Gardening as well. I don't know if there's any gardeners out there, but I love tending to the garden here.

Chris Brain: 02:06

Maybe there could be a second podcast there, George?

Georgina Maxwell: 02:09

So, I could do! The one on Radio 2. But yeah, absolutely loving life up here in the north of Scotland. And yeah, I guess my main bit of work that I do these days is freelance. So I work for a variety of places doing white water paddling and climbing instructing but I also run my own courses too. So, I sit on the technical group for Paddle UK. I sit on the board there looking at and reviewing the award structures and such and I run the awards as well so yeah that's kind of me. Hopefully that's enough.

Chris Brain: 02:55

And I was super excited when I heard that you were going to be taking over because I know that you bring so, so much experience. You're still so current as a paddler and you've got tons to share and loads of great connections in the industry as well. So, I'm sure we're gonna have some really, really good guests and some people from some different disciplines lined up. So, who are you thinking about chatting to?

Georgina Maxwell: 03:16

Yeah, I've already been spreading my net wide and chatting to a few folk, their ears are pricked up quite nicely and they're super excited to be involved in this. So, I don't really want to share names just in case they drop out on me and then things change, but my aim is to get as many disciplines as possible So I've got in the bag already surf kayak, canoeing, white water kayaking, I'm aiming to get slalom and I'm actually going to see how we can transfer that a little bit to white water. It's always good to see, the slalom paddlers, they're just great on white water. When they come into a boat, they're like, "How do they do that?" So, yeah, aiming to look at that. Yeah, and a variety of backgrounds of people as well that are whether they're running their own courses or whatever they're doing, however they're coaching, we want to know about it.

Chris Brain: 04:14

Yeah, absolutely. And I think you'll do a really good job of getting some different people on as well. Because there's a few disciplines that I would have liked to have been involved with in the podcast over the last 12 months. And you've mentioned straight away, surf, I don't think I had anybody on who was specifically from that background. So that is a real good win straight from the off there, George. Well done. What are you looking forward to about with the podcast?

Georgina Maxwell: 04:40

I think actually getting to speak to some amazing coaches out there. Tapping into their knowledge, how they teach things, but mainly, what are they teaching and how they're going about doing what we do in boats and getting their points across to people and good ways to do things and what they've been thinking about because as we know with all boat design changes and what and the like, we end up, evolving with that. So, how are people evolving within the sport? And yeah, how are they getting results and yeah, so I'm just really looking forward to chatting to people and delving deep into the technical side of paddling.

Chris Brain: 05:19

And is there anything that you're nervous about with the next 12 months?

Georgina Maxwell: 05:24

Well, about the podcast or with life in general?

Chris Brain: 05:27

To do with the podcast! I'm thinking the podcast, not your gardening!

Georgina Maxwell: 05:33

That's my sanctuary. What am I most nervous about? I think it's the transcript and then getting all the official things right at the other once the podcast has been done, probably. Yeah.

Chris Brain: 05:46

Top tip number one from me here would be, remember to press record when you start speaking and get people's names right as well. We started a podcast and I got somebody's name really wrong right at the start and we had to restart it.

Georgina Maxwell: 05:59

At least it was right at the very start.

Chris Brain: 06:02

Yeah, I was quite pleased about that. Are you going to be bringing anything different, do you think to the next 12 months?

Georgina Maxwell: 06:09

I've been following along with all the podcasts really. It is part of my general routine of what I do when they come out. I'm like, "I'm on a drive now. I'll listen to that." and I think they're great. And I think if we ended it there, it would be great. So, hopefully it's not going to go downhill from here. Yeah, I don't know. I think the general trend is really good. I think it's interesting. There's just so much variety, isn't there? You can go anywhere with this. So, I'm excited about that. I've done a couple of podcasts before and I feel like when you get into it, you can really just enjoy it. So, yeah, I'm looking forward to just chatting to people and yeah, helping people learn and understand outside of this as well. Yeah. ...

Chris Brain: 06:57

And are there any other guests that we've had on in the last 12 months that have really stood out to you? Any of the podcasts that you've particularly enjoyed?

Georgina Maxwell: 07:05 I'm quite biased, quite a lot of them have been my friend, so yeah, I've been following quite closely to some of the white water stuff because that's really directly into my world of what I'm doing. So yeah, I guess I'm probably more worried about the disciplines I know less about, but maybe that'll be a good thing because then I won't have an opinion.

Chris Brain: 07:30

I found that the disciplines that I didn't really know much about for me were some of the best episodes personally for me because I was really learning when we were having those conversations and to do a bit of the prep beforehand. I really had to dive into that discipline and get thinking about useful and interesting questions that we might talk about. So, I'd say the ones the least about are probably some of the best.

Georgina Maxwell: 07:51

Good. Then that's good. Happy about that then.

Chris Brain: 07:55

Yeah. So, this is me now virtually and officially sending over the baton over to you now. So, you've got it, it's probably your time to ask me a few questions.

Georgina Maxwell: 08:04

What they can't see is that we can see each other and we're going to do a high five just now. We just did it.

So that's the baton handed over.

Chris Brain: 08:14

So, it's in your hands now. You should probably ask me a few questions while you've got me on for a little bit longer.

Georgina Maxwell: 08:19

So yeah, so we had a chat before the podcast about how to do all the technical side of setting these things up. So I'm well versed with that. So yeah, I'm going to ask you what was your most awkward moment on these?

Chris Brain: 08:34

The most awkward moment, apart from getting somebody's name really wrong at the start, which I mentioned before, I don't think there's been any majorly awkward moments. There's definitely been a few times where I've been reading my notes and then there's been a moment of silence and I'm like, "that's the bit where I should speak and they've finished." And it's sometimes really hard to keep track of what you think you might be talking about, what's coming up next, what they've already mentioned. and you're really trying to listen really hard during the podcast as well. So, that's tough. And I don't think it's led to maybe a notably awkward moment, but for me, I was like, "I hope I'm getting this right." One of my favourite bits, I've got to mention this. I hope you won't mind mentioning it, but Ray Goodwin when we did his episode, he had to stop to answer the door to his postman. And that for me was just the best bit. It's really

real. and it's totally Ray. And he just came back and he was like, " sorry about that, Chris. Right, let's carry on." And that was lovely. Yeah.

Georgina Maxwell: 09:39

You asked me what I'm most nervous about and I guess it's all that. You got to do this all-in-one take. Yeah, no pauses if you can help it. And my life's quite chaotic. I've currently sent the baby out, just go outside and hopefully she don't come back in. She is with someone, but yeah, I guess I'm most worried about her having a crying fit or something and then having to fix that.

Chris Brain: 10:07

And that's something that people might not realise we don't edit these. So, it is a live conversation. Once we press record, we just go for it and I think that's one of the best bits as well is that the conversation isn't rehearsed. It's not pre planned. We might have a rough idea of some of the things we're going to talk about, but once the conversation flows, we just get straight into it. And it's definitely been the most nervous bit for me, I think, trying to hold a conversation for around 40/45 minutes. But actually, it's been the best way of doing it. If we could edit it and if I could have pauses and breaks, it just wouldn't flow as well. So, I think it's the right way of doing it.

Georgina Maxwell: 10:47

Yeah, I agree with that because, when I've done some of these before, you just ended up having a conversation and it's really nice. It's back and forth and it's natural. So, yeah, I hope I don't get people on here which can't do that.

Chris Brain: 11:03

Fortunately, everybody that I've interviewed over the last 12 months really got that we were going to do it in one take. So, it was about whatever you do, don't swear, keep it on point. And we had some really great conversations.

Georgina Maxwell: 11:17

Yeah, I guess it's worth me saying at this point for the listeners out there, if they have any desire to hear something different that myself or Chris haven't mentioned or Chris has done already, then maybe get in touch with someone. Don't know who.

Chris Brain: 11:35

And absolutely without a doubt there's some coaches out there who I think are doing great things but just might not necessarily be on my radar. So yeah, I'd really encourage people if they think that they would have something to give to the podcast or know somebody then they could get in touch with Paddle UK directly and hopefully their details will make their way over to you because I think that'd be really good. I've tried to get a mix of some really well-known people as well as maybe some people

who are a bit more up and coming on the podcast and I think that's great to have such a range of people.

Georgina Maxwell: 12:13

Yeah. Yeah. Yeah. Great. Perfect. Right!

Chris Brain: 12:18

Is this it? Is this us handing over now?

Georgina Maxwell: 12:20

I think this is it. Yeah. So, I guess, I don't know. There's no more pearls of wisdom, is there for me? I'm just going to hold my head high and hopefully do a good job.

Chris Brain: 12:32

You will be absolutely fantastic and I'm genuinely really looking forward to hearing the podcasts when they're released. I'm back to being a listener again, which feels like the pressure is off, but the excitement is up because I know you're going to do such a great job.

Georgina Maxwell: 12:45

Thanks Chris.

Chris Brain: 12:47

This is it, George. It's over to you.

Georgina Maxwell: 12:49

Thank you and I hope that everybody that is Chris's fan base will stick around and hear me out.

Chris Brain: 12:58

I know you're going to make the numbers go through the roof.

Georgina Maxwell: 13:01

Who knows? We'll see!

Chris Brain: 13:04

See you on the other side George. Best of luck for the next 12 months.

Georgina Maxwell: 13:08

Alrighty. Bye!

END.