

Coaching Podcast Recording Session

S7 Ep13 Handover Transcript

Georgina Maxwell, Emma Love

Georgina Maxwell: 00:12 Hello and welcome to this episode of the coaching podcast. Unfortunately, this is my final podcast. So, I'd like to take a moment just to recall some of the episodes that we've had in the past 12 months.

So, we've had Chris Evans talking all things about river play. Doug Cooper sea kayaking in the environment. Richard Harpham expeditions and canoe wilderness and Chips, the absolute legend Chips, who's slalom and white water. Lowri Davies who talked all things coaching. Alex Littlechild waterfall running. The amazing Jag who brought all of these women's health things to the forefront and how to improve performance and keep performance. Ken Hughes of canoeing techniques, Will Copestake of sea kayaking. Jamie Greenhalgh of happy body paddling and the George Fell, all things conversations around coaching and philosophy and Ollie Sandeman canoe trim and the like. So, what an absolute line up we've had and I've had such an absolute blast. I feel very, very sad to be handing over the baton, but I know that it's going to somebody who's absolutely fabulous. Hello, Emma Love. How are you?

Emma Love: 01:25 Hey, Georgina. I'm great. How are you?

Georgina Maxwell: Excellent. When I found out that you were taking over the baton, which is actually in the form of a microphone that we're sending through the post, I was over the moon to hear that you were taking this on. And then we had a conversation and it just completely confirmed that your ability to articulate anything is just so wonderful. So, I'm very, very happy with their choice. Well done Paddle UK. So, can I get you to tell us a little bit about yourself?

Emma Love: 01:58 So, I have been a paddleboarder for around about 12 years. I originally got into paddling when I decided to take my then very young son on one of those sleepy kind of dozy river paddles down the south of France. I'd seen it for years and he was a baby and I was like, "I really want to do that" and so I thought, "I'll go and get a few little lessons at Holme Pierrepont at Nottingham", which is

where I'm based nearby and we saw some paddleboards down the side and this is way before paddleboarding is at the height of enthusiasm that we have nowadays. And we got on and I just fell in love with it. And I had the opportunity to join a women's group but I was the only woman who ever turned up because nobody knew about paddleboarding then, so I turned up and then I was getting a little bit bored and then I got introduced to a couple of guys who were exploring white water SUP at Holme Pierrepont and I started to learn to paddle on white water. So that's my background and then I became a coach and I started my own little business. I was a she paddles ambassador for white water SUP, I was representing that.

Emma Love: So, it's been a really amazing journey which initially started with "I really don't want to drown my son". These days I'm now a provider for a lot of sheltered water SUP courses and this is a really new and exciting development for me and that's where I'm at, at this moment in time.

Georgina Maxwell: 03:42 That's amazing. I think you're going to bring some awesome stuff to this podcast. So, what are you looking forward to the most about this? When they told you or asked you, I remember you actually getting in touch with me going, should I do this or should I not?

Georgina Maxwell: When they asked you what was your initial feelings and what do you think you're looking forward to the most about it?

Emma Love: 04:04 I think my initial feelings were and I can remember the email coming through and I thought, "wow" because it was from Tasha at Paddle UK and I thought, "is this an invite to come and have a chat?" And then I saw it was an invite in terms of would you like to think about being the next host? And I was so excited. And then my stomach did this almighty flip and I was like, so the nerves kind of took over there a wee bit and I spent a couple of months just mulling it over because as you know the invite comes around Christmas time, doesn't it? So, I had a good think about it and I thought, why would I want to do this? What would it give me as much as what would it do for listeners out there? And one of the things that I'm on is the performance pathway. And so, I'm thinking a lot about coaching at the moment. and I think coaching is so interesting. you scratch the surface and you think you've learned a little bit and then you think, I've got a handle on this and then you realise if you scratch it a little bit more, there's a lot more to learn." And it's like this piece of string,

it never ends. And I think it's the one discipline that continually just intrigues me. So, for me, I find coaching difficult. I find it really demanding. I have to think hard about it. Doing the performance pathway, having the opportunity to talk to some great coaches out there across the disciplines and perhaps it's more for me about my learning my journey as much as it is about giving other people information out there who are on journeys themselves.

Emma Love: And I think that was really what was the hooking for me was to come along and go, can I tie this to my performance pathway? Can I learn? What can I give to other coaches out there? And I'm really intrigued. I'm really excited.

Georgina Maxwell: 06:18 Awesome. That sounds really good. And I can't wait to listen to some of the guests that you have on here. And I know for me, I've definitely felt like I've learned loads, talking to these amazing people. I'm pulling in experts around from everywhere and a lot of my friends and I found that quite nice to have friends on board. And then I had some unknowns which I found harder to do. But definitely the expertise that comes your way and the information that they bring is just amazing. And I felt a little bit like I've known stuff before the general public because we've had that conversation or you recorded one before it's gone live.

Georgina Maxwell: So yeah. Awesome. I'm wondering, do you have any questions for me?

Emma Love: 07:05 Yeah, I do. I think for you, it's been obviously an extraordinary, fantastic podcast, should I say fantastic interviews you recorded for your podcast and I'd like to really know what were the highlights for you?

Georgina Maxwell: 07:24 Basically nearly every one. They've been memorable in some way or another. I don't know if people have listened to some of these but I really enjoyed talking to Will Copestake. It just felt so natural and this guy is in the north of Scotland talked about how he sort of forged his career out in Patagonia in the most wild conditions and it kind of escalated his ability to deal with beginners in really challenging conditions. So, I found that was just really wholesome. That was a really nice podcast. I also really enjoyed talking to Lowri Davies. She's just somebody I've looked up to forever and to have her on the podcast was just absolutely brilliant. One of the leading white water female specialists and more she

does many more things as well. So, I felt that was quite natural as well towards the end and I could have a good bit of crack with her towards the end. So yeah basically the thing I've enjoyed the most is the connections that it builds with people.

Georgina Maxwell: I must say I've had my challenges and it's probably your next question.

Georgina Maxwell: You want to ask me about my challenges?

Emma Love: 09:44 I do Indeed. And I was just thinking as we've been talking, and having conversations with people, having that clarity of putting a sentence together and I notice as I'm talking, I kind of lose a word or I stumble. And I suppose, one of the questions I have is how do you manage having a conversation knowing it's being recorded?

Emma Love: It's got to be like a conversation, but also we're trying to manage our language, aren't we? So everyone can hear it with clarity.

Georgina Maxwell: 09:13 Yeah, it's definitely something that I've found a challenge.

Georgina Maxwell: And I spoke to someone, she's like, "I listen to your podcast before I go to bed." And I'm like, "does that mean you're getting sent to sleep with the content or is that actually a good thing?" So, I really don't know on that one but yeah, in terms of if somebody's talking, you're kind of half listening. It's a really strange thing to do. And I've learned a lot not to, aahaa, yeah, when people are talking because that really interrupts the part of the transcript. So yeah, there's definitely a different way I've created in my mind of how I can cope in this situation.

Georgina Maxwell: So, for instance, if you're answering a question, I'm writing stuff down just in case we run out of questions, just in case you answer things too quickly because that's one of the challenges I face. Somebody answered questions very quickly and we were through the set of questions I had within the first 10 minutes of the podcast. So, I was starting to internally panic because I don't know if the listeners know these are to be done in one take if possible. So, to reduce the admin load, it's good to be able to just do it from the moment it records to the moment it finishes and not have any blunders.

Georgina Maxwell: 10:21 I remember talking to Chris and he had Ray Goodwin answer his doorbell to the postman, or I've had a couple of internet losses, internet connection. Chris Evans is one my first ever podcast. It's horrendous. I look back at it, it's got my echo on my microphone and also halfway through the podcast, it decided to my computer just completely went dead. I was like, "Oh". So, I managed to log back on and record a second part to that and they fused it together and nobody knew a thing. I think Doug Cooper's phone rang, his wife rang him halfway through the podcast and miraculously that's gone. So, they are listening in detail as they edit these things. But basically what is said is generally what the public are going to hear. So, that was definitely a challenging time for me.

Georgina Maxwell: 11:11 The other really challenging one I had this idea. I was like right I think we need to get women's I'm not going to I mean the word issues but I don't want to call it issues women's situation out there and talk about performance. Pregnancy, postpartum, periods, and the menopause, all of these. I could have done an episode for each one of them subjects, but I found that by far the most challenging podcast I did. not only first, we were wondering whether it actually hit the TTPP template that these podcasts are all about. and I argued quite strongly with a big strong arm saying, "No, it's definitely going to hit the mark."

Georgina Maxwell: We're going to talk about how it can decrease or increase performance with knowledge that you need to get through these women's phases of life. So, I ended up finding a doctor. She's not practicing anymore, but she was amazing She was actually a client of mine and we were discussing it as I was paddling down the river and she's like, "I think I could do that." And I was like, "Let's do it." So, she was amazing. If you look on the podcast, the amount of references that are attached to that podcast, it's insane. So, she heavily researched this subject, but because it's medical information, she had to send it back to a legal team and stuff to make sure it's all checked. So, we did the first take, which I thought was the only take, and that was almost binned straight away.

Georgina Maxwell: And then it became quite a formal piece that she created. And then I think she then I just gave her the details of Paddle UK and says just can you do it that size because I can't edit it. And I think they did a lot of editing in the background. You can hear the differences in the volume of the microphone. She

must have done a bit of transcript into her phone and then they added it into the thing. So, that was a lengthy piece and hopefully it was received well or listened to well because it was the hardest thing I've had to do on this podcast. So hopefully that answers. Any other challenges? No, I don't think so. I've just embraced it.

Emma Love: 13:34 I think for me, I'm really interested in talking to coaches who kind of think slightly outside the box as well, I'm really interested in creativity and coaching alongside that technical and tactical and how it informs. and because I come from a visual arts background, I think about these things and I do these kind of funny little drawings that help me think about coaching and how if I rarely do a session plan today, but if I'm putting thoughts together, it will be very visual rather than written. So, one of the things I'm really excited about is talking to people about how creativity comes into their coaching.

Georgina Maxwell: 14:10 That sounds awesome.

Georgina Maxwell: I've actually got a name I can drop you after this who's just instantly sprung to mind who's a coach that is in that sort of area.

Emma Love: Fantastic. that would be great. But it's so interesting hearing about your challenging moments, but I guess that's what makes it fun.

Georgina Maxwell: Yeah, definitely makes it fun. It also makes it hard work, not going to lie. And this and what the listeners don't know is the length of chats and ideas, discussions, they get a 35-minute slice, yeah, and it's all done in one take. That's fine.

Georgina Maxwell: But there's loads of research in the background and chats and connections, I've built connections. I haven't lost connections gladly. I hope not, but yeah. No, I've built connections and it's just been I guess the length in the background is actually broadened my understanding, my knowledge, and yeah, it's just been fabulous. I'm actually really going to miss it. I don't like my own voice, but I've got used to it. That's one thing you'll have to when you hear the first one come out, you'll be like, "Oh god." But actually, I've got used to it now.

Emma Love: 1:31 It just sounds like you've had such a fabulous year. And I think, as I said to you, I have listened to a lot of the coaching podcasts over the years that

it's been going. I actually had to stop listening to yours because they were so good and I started to feel quite intimidated.

Georgina Maxwell: No.

Emma Love: And I was like, I have to go and listen to other podcasts just to kind of get what does my voice sound like? Where am I going with this? Rather than trying to replicate what you do. And it's a bit like coaching, isn't it? We go and watch a good coach and we go, I want to do that." And you go and investigate it and you go, "Actually, I can't do that."

Georgina Maxwell: 16:09 You know what my advice is? Stay true to yourself. Yeah. You will develop your own colour, your own flare, and that you've been head-hunted for this role because of who you are, not because of what they want you to be, and I love Chris, but I'm not Chris, you are who you are and you are the right person for this, that's for sure. So, yeah, I'm really, really psyched. I can't wait to listen to all of this.

Georgina Maxwell: 16:38 And what I'm going to do now is what you can't see out there is I'm handing over the microphone if anyone can see that. Yeah. it's been an absolute blast and I want to do the biggest thank you ever to all of the listeners out there. Yeah, and all of the comments and all of the chats that we've had on the back of some of these podcasts which have just been amazing, it's like, "you did this one and this. What's your thoughts?" And yeah, I really appreciate Paddle UK for giving me this opportunity. Initially, I was terrified. I didn't know what they wanted from me and if I could do it well or not. Hopefully, I have done them proud. But yeah, it's been a journey. So, I'm officially handing the baton over to yourself. You happy?

Emma Love: 17:29 I'm so happy. Thank you so much Georgina. It's been an awesome year. Thanks for all your hard work and I hope you then start listening to me, relaxed, refreshed.

Georgina Maxwell: When's your first one going out? Would it be September?

Emma Love: Beginning of September. Yeah, I have just completed the first interview and I've just got to do a wee bit of editing. Listen to my voice as you say and get it ready to give it the thumbs up to Paddle UK. So yeah, really exciting.

Georgina Maxwell: 18:03 Well done. Good luck.

END.