



Wales Alliance for Physical Activity (including sport)  
for People with Learning Disabilities

## Skills a Co-Chair of the Alliance should have



Here are the skills we would like our Co-Chairs to have.



Please write or talk about these skills in your application form, or video application. Tell us about things you have done that show you have these skills.

# About you



You must believe in the aims of the Alliance. Our mission is to make Wales the best country for people with a learning disability to take part in physical activity (including sport) with whom they want, when they want and where they want.

## We want you to be able to:



- Work well with others.



- Make time for our organisation when needed.



- Communicate with different types of people.



- Work without judging others. Respect others and be fair.

# Skills & Experience

We would like you to be comfortable to:



- Chair meetings.



- Represent the Alliance at events.



- Speak in public.



- Work with different people.



- Be open to learning new skills.

# Knowledge and Skills

**We need you to:**



- Understand the types of things that stop people with a learning disability, autism and their family or carers from taking part in physical activity (including sport).



- Know a little about how physical activity (including sport) works in Wales.



- Be passionate about the benefits of physical activity (including sport) for all people.



- Have good leadership skills.



- Be able to listen to people and groups and their different views and opinions.



- Be able to build good relationships with different groups and organisations.



- We would like you to work with us to make sure we talk to people in a language or way that they prefer, for example Welsh, English, Easy read.