## Edinburgh Award (Sports Union Volunteers)

This award is given to students in the Sports Union whom the University has recognised for actively working to maximise their impact and excel as a Sports Union Club committee member. These students have demonstrated excellent management and leadership of a Sports Union club, and in doing so contributed to the satisfaction and development of their peers.

In successfully completing the Edinburgh Award, these students will have been helped to:

- increase their self-awareness;
- make the most of their existing strengths and build new skills/abilities against clear development goals;
- understand the processes involved in having a planned positive impact and strategically working to excel, enabling them to have impact and make a difference whatever situation they are in; and
- look not only at their club management role, but also to capitalise on their experiences elsewhere to inform and enhance their role as a club committee member, and vice versa.