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OPINION

Ange Postecoglou, Eddie Jones, Trent Robinson, Mikel Arteta and Matt LaFleur walk into a bar ...

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For an hour-and-a-quarter each week, leading coaches from around the world are having group therapy sessions via Zoom, solving the problems of the world and hopefully theirs at the same time.

I know: fascinating.

As Roosters coach **Trent Robinson**, who is in two groups, explains: “It’s like sitting around the campfire and talking about the challenges you face as a coach.”

In one group, Wallabies coach **Eddie Jones** meets with Celtic’s **Ange Postecoglou**, the Western Bulldogs’ **Luke Beveridge**, the Boomers’ **Brian Goorjian** and former Adelaide Crows coach **Neil Craig**, who was Jones’ head of high performance while coaching England.



Clockwise from top left: Brian Goorjian, Matt Wadewitz, Ange Postecoglou, Eddie Jones, Neil Craig, Luke Beveridge.

“It’s more cathartic than anything else,” Postecoglou, [who earlier this week claimed his third trophy with Celtic](#), told the *Scotsman* last week. “We just complain for half an hour, unburden ourselves and move on. Even though it is different sports, we are all dealing with similar things, particularly in the team dynamics and dealing with young men and young athletes.”

Jones is also in a high-powered group featuring Arsenal manager **Mikel Arteta** and Green Bay Packers’ coach **Matt LaFleur**, who has drawn so much from the experience he’s tipped Los Angeles Rams coach **Sean McVay** into starting his own group.

These coaching crucibles are the brainchild of **Matt Wadewitz**, whose company [Aleda Connect](#) came up with the idea when COVID-19 shutdown sport globally in 2020.

“The coaches are getting a masterclass from each other with strategies they’ve learned from a lifetime of elite performance,” said Wadewitz, who shares his business with former Western Bulldogs captain **Luke Darcy**. “They’re really pushing each other to be better ... It’s worked better than I could ever have imagined. The tentacles have gone in all these different directions. Now the coaches are coming to us.”

Wadewitz curates the groups, which meet fortnightly. After eight sessions, the groups meet every five weeks. In each session, the coaches address the various challenges they face.

“It could be anything from facing a hurdle with a player, a staff member, an incident with the media,” Wadewitz said.

Essentially, it’s safe space for coaches to bounce off each other and compare notes. Oh, to be a fly on the virtual wall.

The groups aren’t restricted to coaches. Robinson was in one of the original groups with former Australian coach **Justin Langer** but is now part of a group that includes **Dr Chris Brown**, former Melbourne Symphony Orchestra head conductor **Benjamin Northey**, Carlton’s **Michael Voss** and **Richard Oppy**, the vice-president of one of the world’s largest brewing companies.

“Ben shared in late October about how, when you’re the conductor of an orchestra, you don’t have an instrument to play,” Robinson said. “How do you hold a group of people and make them perform? That helped me as a coach. That’s what I do. To hear it from him in his terms was fascinating.”

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