



**ONLINE
WEBINAR**




Supporting WOMEN & GIRLS in sport



Workshop 1 – June 17th 7PM–8.15PM
Live Life Whole x Clubs Tasmania: Coaches Webinar Series

The Live Life Whole Project is Australia’s first multi-disciplinary female health initiative, created to drive change in sport for women and girls, physically, mentally and emotionally. Delivered by a team of 14 health professionals, education experts and athlete ambassadors, LLW works with girls, parents, coaches and educators across Australia to build knowledge, confidence and support at every stage of development. Following strong demand from Clubs Tasmania members, LLW is returning to deliver a free 3-part webinar series for coaches, designed to provide practical tools to better support girls in sport.

- This series includes:
- Coaching the Whole Female Athlete (June)
 - Junior Girls Coaches Workshop (July)
 - Senior Girls Coaches Workshop (August)

Wednesday 17th June 
7PM AEST 
Online 





Session 1: How to Better Support Female Athletes

Led by health professionals, this workshop unpacks the real issues facing female athletes today and gives you practical, real-world strategies you can apply immediately to support the young women you coach, improving their wellbeing, confidence and performance on and off the field.

Built for everyday coaches, this session focuses on what to look out for and how to support young women in sport, covering language, female health, mental health, body image and early warning signs.

Free for all Clubs Tasmania members. Register now to secure your place and access the full series.

June 17 Register: <https://events.humanitix.com/coaches-webinar-series>

For more Information on The Live Life Whole Project visit www.thelivelifewholeproject.com.au