



**ONLINE
WEBINAR**

Supporting WOMEN & GIRLS in sport



Workshop 2 – July 15th 7pm–8.15pm
Live Life Whole x Clubs Tasmania: Junior Girls Coaches

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.

This is the second session in our free 3-part Live Life Whole webinar series for Clubs Tasmania 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 15th July 

7pm AEST 

Online 





Session 2: Supporting Junior Female Athletes

Led by health professionals, this workshop focuses on the key foundations for supporting younger girls in sport, where confidence, language and early experiences shape long-term participation.

Built for everyday coaches, this session provides practical, real-world strategies to support girls through early development, covering nutrition basics, positive body image, female health stigma and how to create safe environments for questions and conversations. You'll learn what to say, what to look out for, and how to build confidence in girls who are just starting to understand their bodies and their place in sport.

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

July 15 Register: <https://events.humanitix.com/junior-girls-coaches-workshop>

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