



**ONLINE
WEBINAR**

Supporting WOMEN & GIRLS in sport



Workshop 3 – August 12th 7PM–8.15PM
Live Life Whole x Clubs Tasmania: Senior 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 third session in our free 3-part Live Life Whole webinar series for Clubs Tasmania coaches.

This series includes:

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

Wednesday 12th August 

7PM AEST 

Online 





Session 3: Supporting Senior Female Athletes

Led by health professionals, this workshop focuses on the key challenges facing older girls in sport, where performance, pressure and wellbeing are closely linked.

Built for everyday coaches, this session provides practical, real-world strategies to support senior athletes, covering the menstrual cycle, stress, load, recovery and energy deficiency, and how these factors directly impact performance and wellbeing.

You'll learn what to look out for, how to manage conversations, and how to better support girls navigating the demands of school, sport, work and life.

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

August 12 Register: <https://events.humanitix.com/senior-girls-coaches-workshop>

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