MY journal of EMPOWERMENT

EMPOWER PLAY

Building **confidence** and **empowering** young people



EMPOWERPLAY

is brought to you by

team GEM

netball
NEW SOUTH WALES

This
journal belongs to:

.....

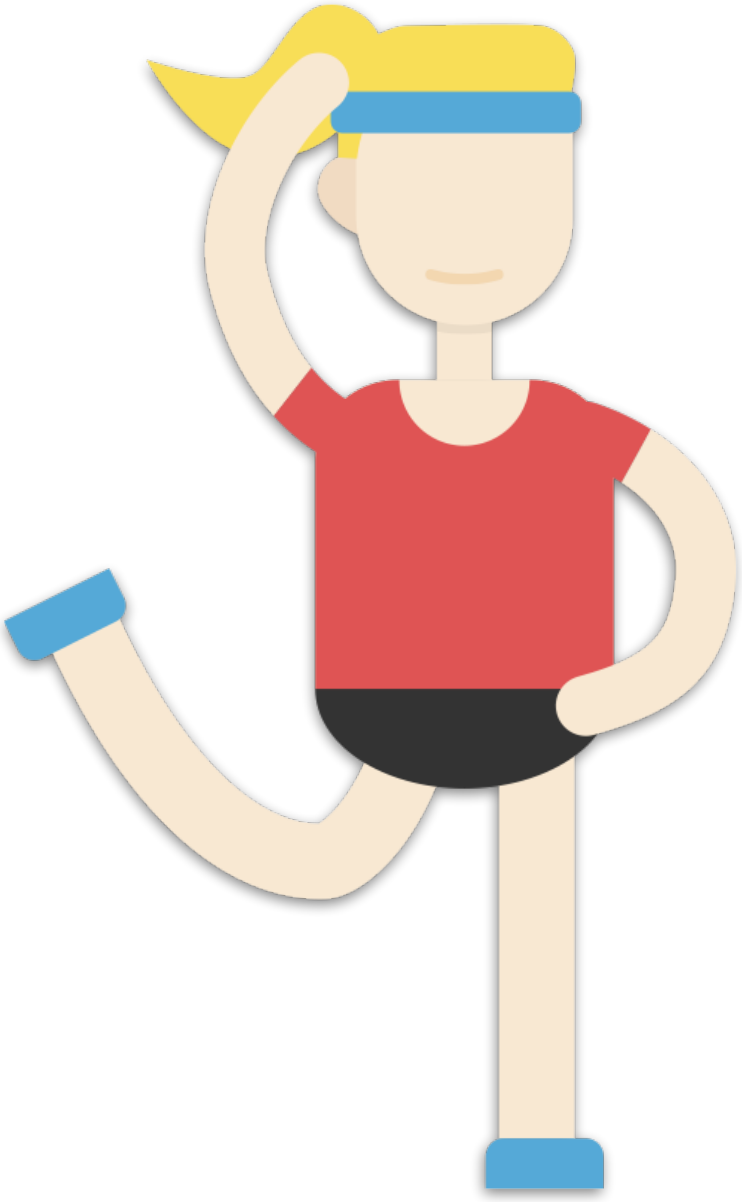
My Club:

.....

EMPOWERPLAY

Welcome to your **EMPOWERMENT** journal.

This journal is a guide to help you build your self confidence and better understand who you are.



Discover your

STRENGTHS

Know your

VALUE

Find your

PASSIONS

Unpack your kit bag

Unpacking your kit bag is how we show compassion and gratefulness to our team mates. By taking the time before each session or game, we are creating a moment in time to be grateful and clear our mind before we take on the task ahead.

Check In

A great way to begin each session is to check in with your coach and your team mates. It doesn't take long and is a great opportunity for you to show your team mates that you are "Here if you need".

- Here are some Check In's you could try:
- RUOK?
- What did you learn about your self and/or your family this week?

Gratefulness

This is about showing gratitude for our teammates and their differences. Remembering what we are grateful for can build us up when times are tough. What are you grateful for this week?

Unpack your kit bag

Mindfulness

An awesome way to prepare yourself for training or a game is to take some time to relax your mind and allow yourself to focus on the task ahead. Being mindful allows us to hear our inner bestie telling us, 'I can, I am enough and I have hope'.

Break the tension

- Find yourself some space where you can sit or lay down.
- Close your eyes
- As you take in a deep breath, squish your toes, tighten the muscles in your legs, suck in your tummy, make fists with your hands, tighten the muscles in your arms, raise your shoulders to your ears. Hold the tension for a few seconds.
- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
- Take one more breath in and out

PERSONALITY TEST

Take the test below to find out your personality animal.
Use the word meanings on the next page to help you.

Below are 10 horizontal lines with four words on each line - one in each column.
In each line rate each word from 1 - 4, with 1 being "least like you"
and 4 being "most like you".

For Example: One choice for the first line of words could be as follows

[4] *Likes Authority* [2] *Enthusiastic* [3] *Sensitive Feelings* [1] *Likes Feelings*

L		O		G		B	
☐	Likes Authority	☐	Enthusiastic	☐	Sensitive Feelings	☐	Likes instruction
☐	Takes Charge	☐	Takes Risks	☐	Loyal	☐	Accurate
☐	Determined	☐	Visionary	☐	Calm, Even Keel	☐	Consistent
☐	Enterprising	☐	Very Verbal	☐	Enjoys Routine	☐	Predictable
☐	Competitive	☐	Promoter	☐	Dislikes Change	☐	Practical
☐	Problem Solver	☐	Enjoys Popularity	☐	Gives in to others	☐	Factual
☐	Productive	☐	Fun-Loving	☐	Avoids Confrontation	☐	Conscientious
☐	Bold	☐	Likes Variety	☐	Sympathetic	☐	Perfectionist
☐	Decision Maker	☐	Spontaneous	☐	Nurturing	☐	Detail-Orientated
☐	Persistent	☐	Inspirational	☐	Peacemaker	☐	Analytical

Total up the numbers for each vertical column (L, O, G, B)

☐ "L" TOTAL ☐ "O" TOTAL ☐ "G" TOTAL ☐ "B" TOTAL

L = LION O = OTTER G = GOLDEN RETRIEVER B = BEAVER

PERSONALITY ANIMAL

WORD MEANINGS

Use the word meanings below to help you complete your personality test.

Authority -	likes to give orders
Loyal -	a true hearted person
Determined -	is strong minded
Visionary -	is able to see how something will turn out
Consistent -	is very ordered
Enterprising -	likes to do new projects
Verbal -	the spoken word/talking
Predictable -	a sure thing
Promotor -	good at spreading the news
Practical -	can do things and gets things done
Popularity -	everybody likes you
Productive -	gets things done
Confrontation -	always likes a fight or to argue
Conscientious -	likes to follow the rules
Sympathetic -	similar feelings with others and likes to show them
Perfectionist -	always wanting to be right
Spontaneous -	happily doing unplanned things
Nurturing -	encourages
Detail orientated	looks at all the little things
Persistent -	continues until the end
Inspirational -	someone you look up to
Peacemaker -	makes peace with those around them
Analytical -	looks at the details to find the answers



Lion

Lions are **leaders**, they like to take charge. They are very **confident** and are very **competitive**. Lions can also be **loud** and **impatient.**



Lion

Lions are **leaders**. They are usually the bosses at work...or at least they think they are! They are **decisive**, bottom line folks who are **observers**, not watchers or listeners. They love to solve problems. They are usually individualists who love to seek **new adventures** and opportunities.

Lions are very **confident** and self-reliant. In a group setting, if no one else instantly **takes charge,** the Lion will. Unfortunately, if they don't learn how to tone down their **aggressiveness,** their natural **dominating** traits can cause problems with others. Most entrepreneurs are strong lions, or at least have a lot of lion in them.

Natural **Strengths**

Decisive
Goal-oriented
Achievement driven
Gets results
Independent
Risk-taker
Takes charge
Takes initiative
Self-starter
Persistent
Efficient
Competitive
Enjoys challenges, variety and change
Driven to complete projects quickly and effectively

Natural **Weaknesses**

Impatient
Blunt
Poor listener
Impulsive
Demanding
May view projects more important than people
Can be insensitive to the feelings of others
May "run over" others who are slower to act or speak
Fears inactivity, relaxation
Quickly bored by routine or mechanics

Basic trait - Fast-paced, task oriented.
Motivated by - results; challenge, action, power, and credit for achievement.
Time management - Lions focus on NOW instead of distant future. They get a lot more done in a lot less time than their peers. Hate wasting time; and like to get right to the point.
Communication style - Great at initiating communication; not good at listening (one way communicator).
Decision making - Impulsive; makes quick decisions with goal or end result in mind. Results-focused. Needs very few facts to make a decision.
Under Pressure - The lion takes command and becomes autocratic.
Greatest needs - The lion needs to see results, experience variety, and face new challenges. He needs to solve problems and wants direct answers.
Desires - Freedom, authority, variety, difficult assignments, opportunity for advancement.



I am STRONG



OTTER

Otters are **excitable,** they are the **cheerleaders** of the team who love to **talk a lot**. Otters are very **passionate** and **outgoing.**



OTTER

Otters are **excitable**, **fun** seeking, **cheerleader** types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. The otters' **outgoing** nature makes them **great networkers**–they usually know a lot of people who know a lot of people. They can be very **loving** and **encouraging** unless under pressure, when they tend to use their verbal skills to attack. They have a strong desire to be liked and enjoy being the **centre of attention**. They are often very attentive to style, clothes, and flash. **Otters** are the life of any party; and most people really enjoy being around them.

Natural **Strengths**

Enthusiastic
Optimistic
Good Communicator
Emotional and Passionate
Motivational and Inspirational
Outgoing
Personal
Dramatic
Fun-loving

Natural **Weaknesses**

Unrealistic
Not detail-oriented
Disorganised Impulsive
Listens to feelings above logic
Reactive
Can be too talkative
Excitable

Basic trait - Fast-paced. People-oriented.
Motivated by - Recognition and approval of others.
Time management - Otters focus on the future and have a tendency to rush to the next exciting thing.
Communication style - Enthusiastic and stimulating, often one-way; but can inspire and motivate others.
Decision making - Intuitive and fast. Makes lots of "right calls" and lots of wrong ones.
Under Pressure - The otter ATTACKS. Can be more concerned about their popularity than about achieving tangible results.
Greatest needs - The otter needs social activities and recognition; activities that are fun, and freedom from details.
Desires - Prestige, friendly relationships, opportunity to help and motivate others, and opportunities to verbally share their ideas.

WOOHOO!



IT'S TIME TO PLAY NETBALL



GOLDEN RETRIEVER

The Golden Retriever is very **loyal** and **caring**. They are **patient** and **reliable**. Golden Retrievers can be **slow to change** but are great **team players.**



GOLDEN RETRIEVER

One word describes the **Golden Retriever**: LOYAL. They're so loyal, in fact, that they can absorb the most emotional pain and punishment in a relationship and still stay **committed**. They are **great listeners**, incredibly **empathetic** and warm **encouragers**. However, they tend to be such pleasers that they can have great **difficulty being assertive** in a situation or relationship when it's needed.

Natural Strengths

Patient
Easy-going
Team player
Stable
Empathetic
Compassionate
Sensitive to feelings of others
Tremendously loyal
Puts people above projects
Dependable
Reliable
Supportive
Agreeable

Natural Weaknesses

Indecisive
Over-accommodating
May sacrifice results for the sake of harmony
Slow to initiate
Avoids confrontation even when needed
Tends to hold grudges
Remembers hurts inflicted by others
Fears change

Basic trait - Slow-paced. People-oriented.
Motivated by - Desire for good relationships and appreciation of others.
Time management - Golden Retrievers focus on the present and devote lots of time to helping others and building relationships.
Communication style - Two-way communicator; great listener and provides empathetic response.
Decision making - Makes decisions more slowly, wants input from others, and often yields to the input.
Under Pressure - The Golden Retriever gives in to the opinions, ideas, and wishes of others. Often too tolerant.
Greatest needs - The Golden Retriever needs security; gradual change and time to adjust to it; an environment free of conflict.
Desires - Quality relationships; security; consistent known environment; a relaxed and friendly environment; freedom to work at own pace.

GO TEAM





BEAVER

Beavers like to **be right** and must **play by the rules**. They love to **ask questions** and are **good problem solvers**. Beavers can sometimes be **a bit picky**.



BEAVER

Beavers have a strong need to **do things right** and by the book. In fact, they are the kind of people who actually read instruction manuals. They are great at providing **quality control** in an office, and will provide quality control in any situation or field that demands **accuracy**, such as accounting, engineering, etc. Because **rules**, **consistency** and high standards are so important to **beavers**, they are often frustrated with others who do not share these same characteristics. Their strong need for maintaining **high (and oftentimes unrealistic) standards** can short-circuit their ability to express warmth in a relationship.

Natural **Strengths**

Accurate
Analytical
Detail-oriented
Thoroughness
Industrious
Orderly
Methodical and exhaustive
High standards
Intuitive
Controlled

Natural **Weaknesses**

Too hard on self
Too critical of others
Perfectionist
Overly cautious
Won't make decisions without "all" the facts
Too picky
Overly sensitive

Basic trait - Slow-paced. Task-oriented.
Motivated by - The desire to be right and maintain quality.
Time management - Beavers tend to work slowly to make sure they are accurate.
Communication style - Beavers are good listeners, communicate details, and are usually diplomatic.
Decision making - Avoids making decisions; needs lots of information before they will make a decision.
Under Pressure - The beaver tries to avoid pressure or tense situations. They can ignore deadlines.
Greatest needs - The beaver needs security, gradual change and time to adjust to it.
Desires - Clearly defined tasks, stability, security, low risk, and tasks that require precision and planning.



Let's make a plan

WHO AM I ?

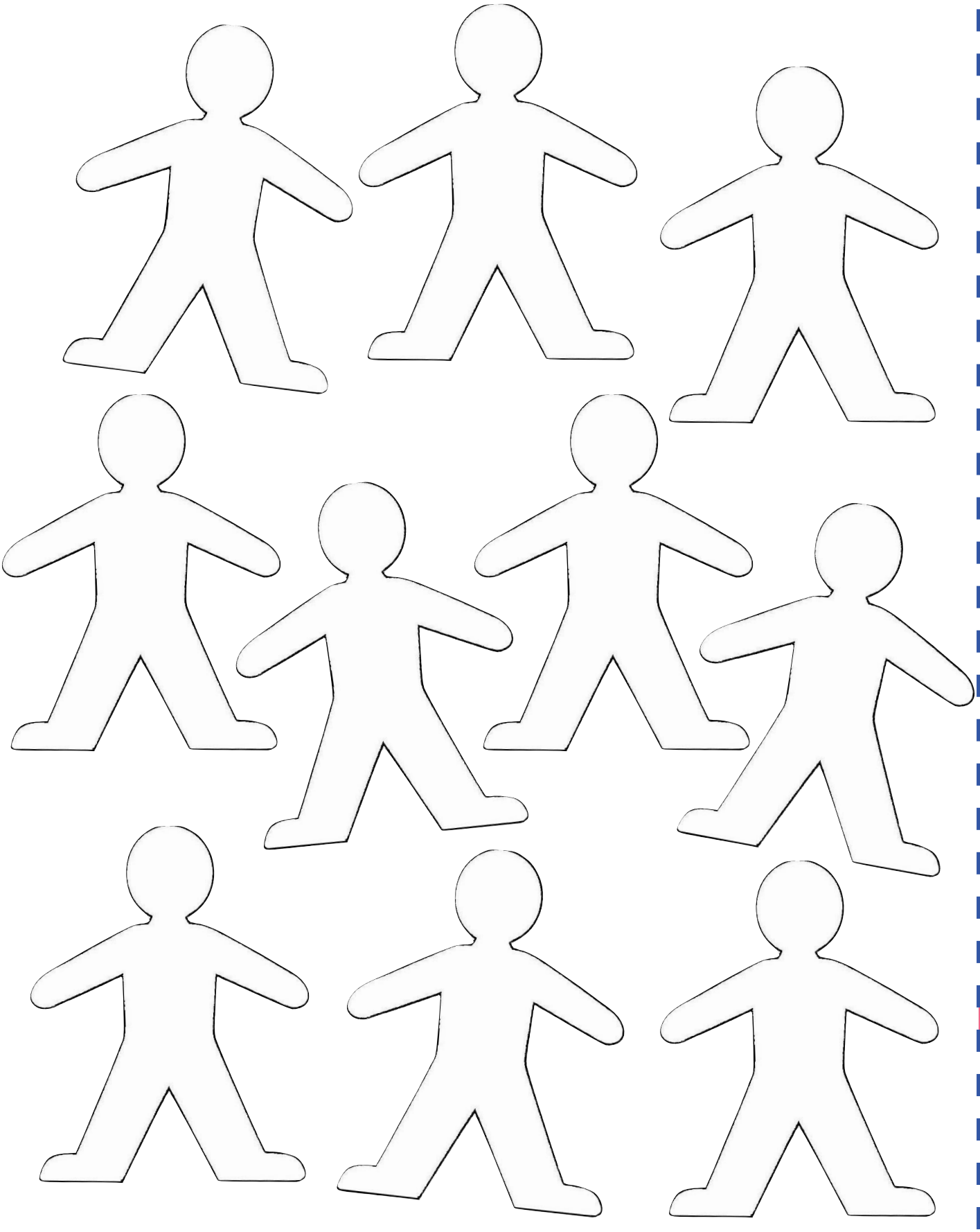
STRENGTH WORDS

Now that you know what personality animal you are
colour in the strength words that describe you best.



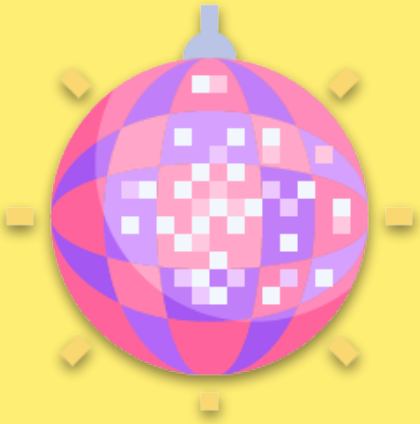
ME AND MY TEAM

Write all your team mates name, personality animal and their strengths on the paper people below.

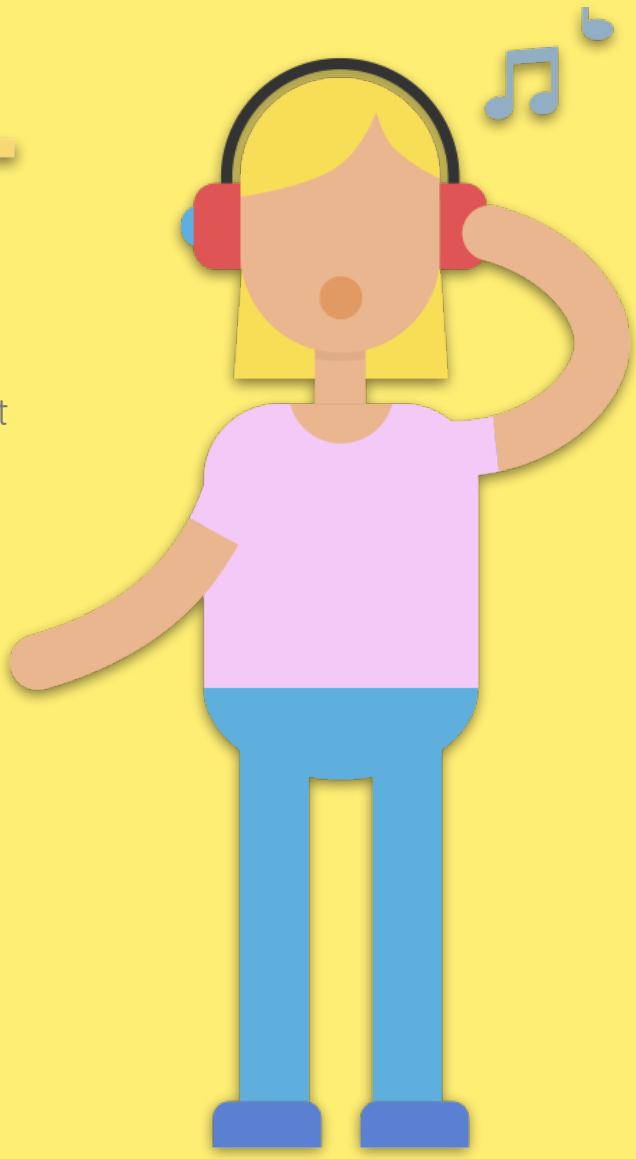


team BONDING

Take some time and make a date to get to know your team mates away from the netball court. Check out these awesome team bonding ideas.



Have a dance party at your clubhouse.





Hold a pizza night at your place or one of your team mates.

CLEAR YOUR MIND

MINDFULNESS

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help you clear your mind and be ready for your next netball game.



- Find somewhere comfortable to lay down
- Slow down your breathing
- Focus on the sound of your breathing and the rise and fall of your stomach
- Let all your thoughts float past like the clouds in the sky

POWER UP

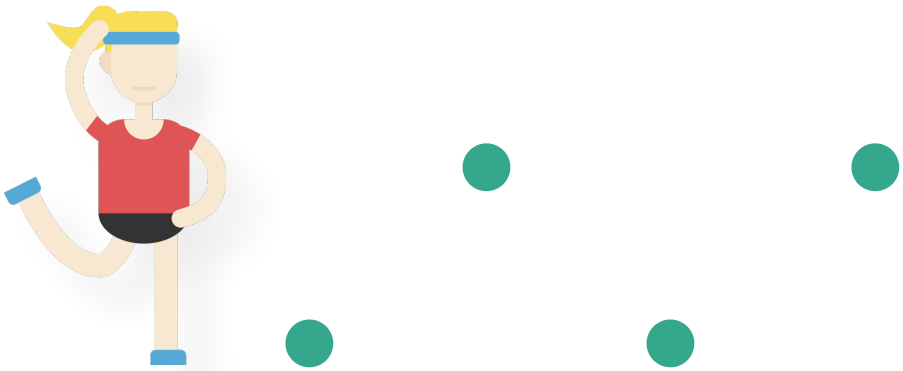
TRAINING TIPS

Feeling more EMPOWERED? Try out these training tips at home to help you improve your game.

ATTACKING - Zig Zag run.

- Set up some cones or draw chalk circles on the ground in a zig zag pattern
- Run to each marker pushing off the outside foot to run towards the next cone

A great tip to power up your change of direction!





DEFENDING - Jump to 90cm

- Draw a straight line on the ground or lay out a length of rope
- Jump backwards trying to land 90cm away from the line
- Put your hand in the air to simulate 'hands over' the ball

my COACH

Take a picture of your coach and stick it in your journal. Write all the things you like about your coach. Do you know what their Personality Animal is?



MY weekly PLAN

MINDFUL
MOMENT

THIS WEEK I CHOOSE:
WRITE A WORD IN EACH CIRCLE THAT GIVES YOU STRENGTH, VALUE AND PASSION.

MONDAY

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WEDNESDAY

THURSDAY

FRIDAY

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SUNDAY

NETBALL STATS

V's _____

SCORE _____

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I BRING TO THE GAME?

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I AM SPECIAL

Read through this poem to remind you that **you are special**. Decorate the page to make it look just as special as you.

In all the world there is nobody like you
Since the beginning of time there has never been another person like you
Nobody has your smile, your eyes, your hands,
Nobody owns your handwriting, your voice
Nobody can paint your brushstrokes
Nobody has your taste for food or music or dance or art
Nobody else in the world sees things as you do.

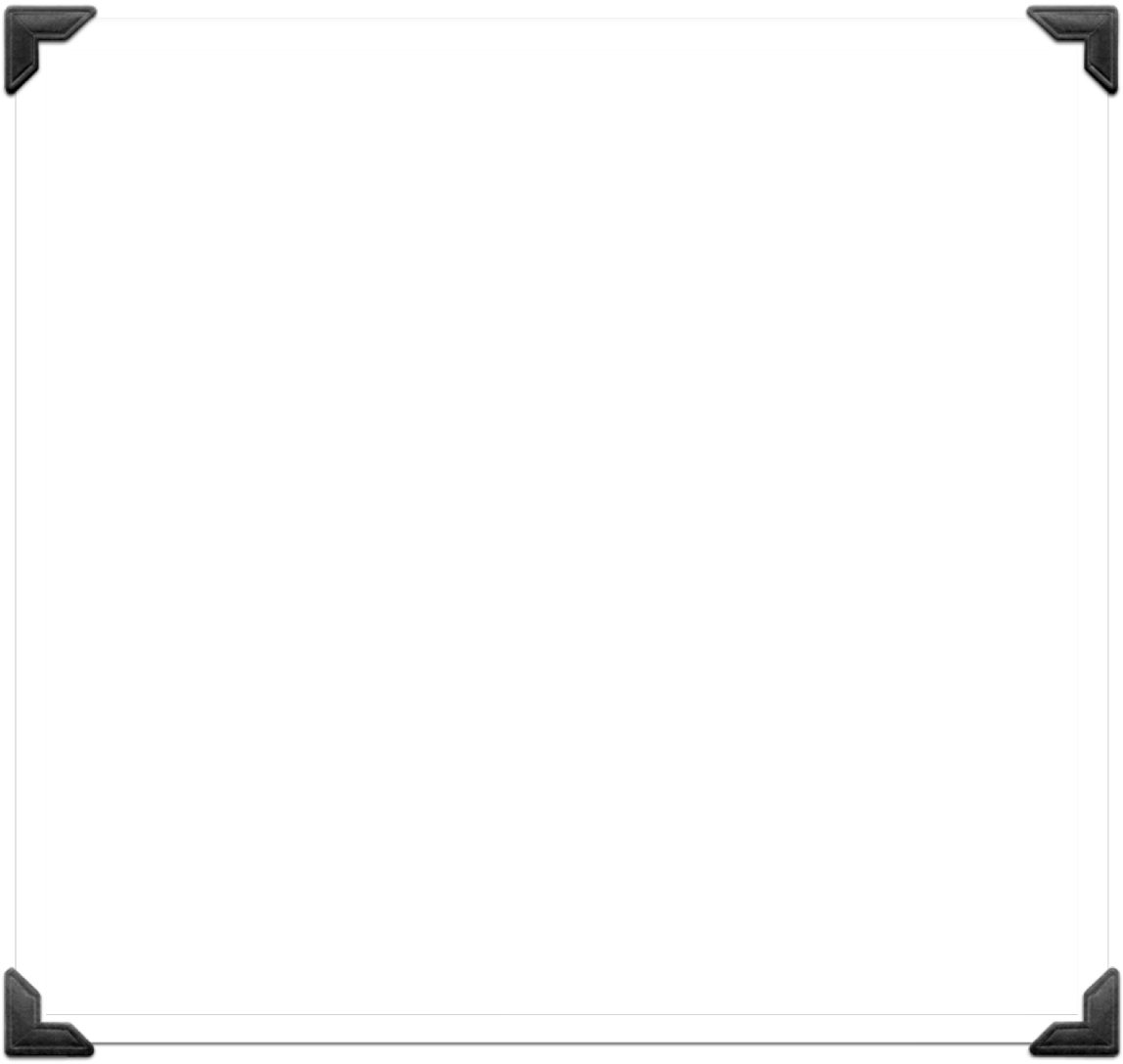
You are Special

In all the time there has never been anyone who laughs in exactly your way
Your different from any other person who has ever lived in the history or the world
You are the only one in the whole of creation who has your particular set of abilities
Nobody in the world can reach the quality of the combination of your talents, your feelings
Through all eternity no one will ever walk, talk, think or do exactly like you
Your rarer and in all rarity there is enormous value and
Because of your value the need for you to imitate someone else is absolutely wrong.

You are Special

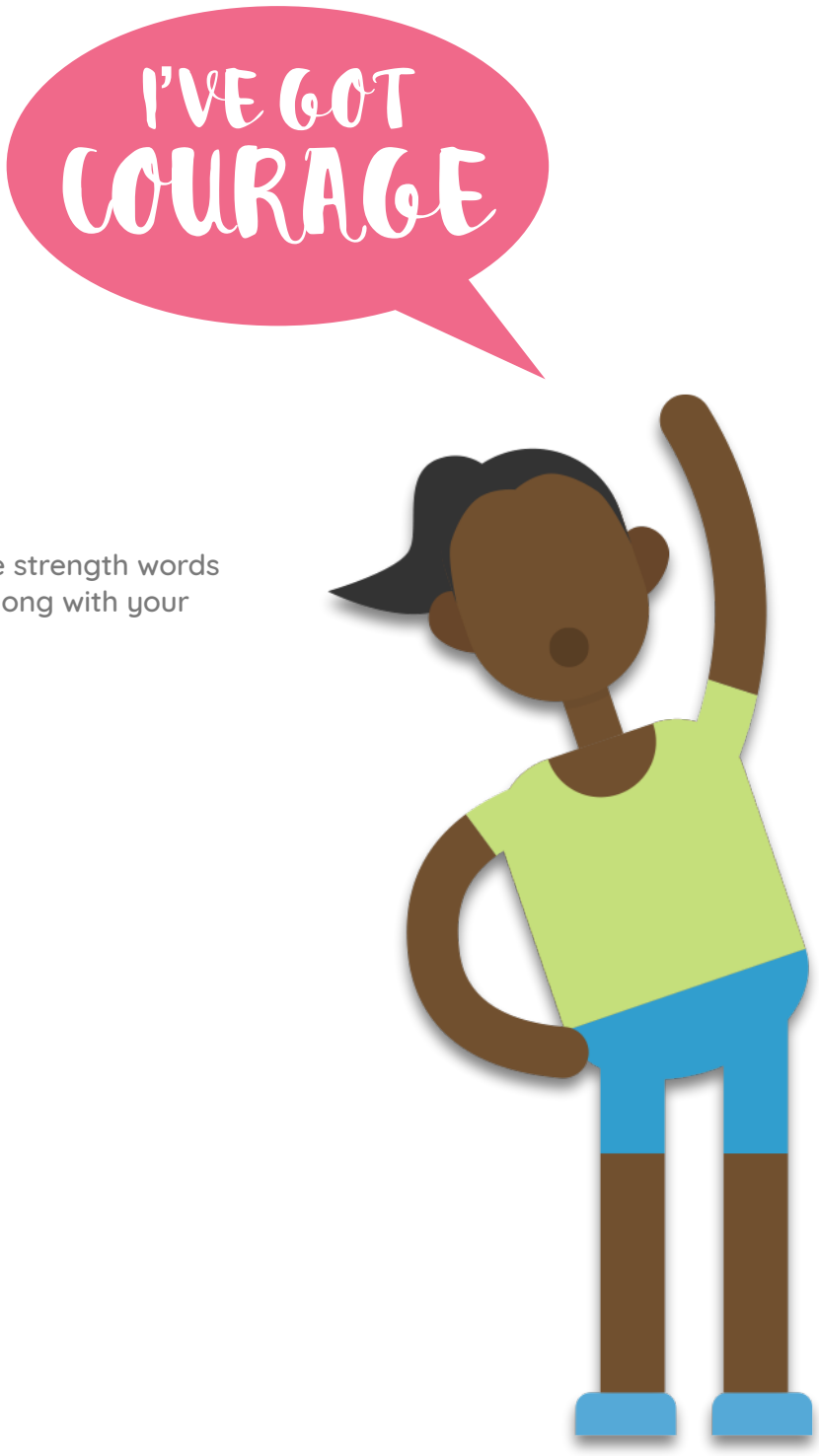
SELF ESTEEM

What do you love most about yourself? Use the picture below to express how a positive you would look.



POWER POSE

When you are feeling down and need to turn it around, a POWER POSE is a great way to make you feel stronger and more positive. What is your super POWER POSE?



Make a list of some strength words that you can use along with your POWER POSE.

I
AM
AWESOME

CLEAR YOUR MIND

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- Slow down your breathing
- Focus on the sound of your breathing and the rise and fall of your stomach
- Let all your thoughts fall away like the leaves on a tree

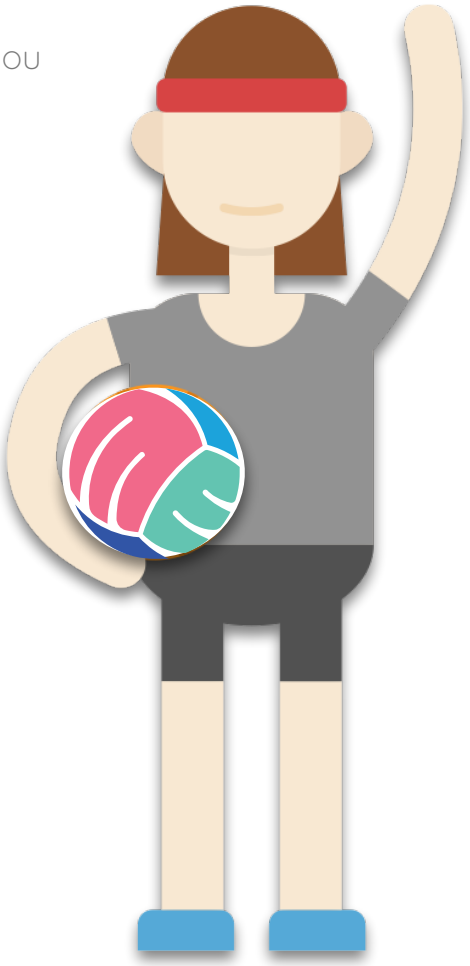
POWER UP

TRAINING TIPS

Feeling more EMPOWERED? Try out these training tips at home to help you improve your game.

BALL SKILL - The Wrap

- Rotate the ball around your torso
- Try not to let it touch you
- Change direction and increase your speed as you become more confident



BALL SKILL - Figure 8

- Start with your feet apart
- Loop the ball through your legs making a figure 8 pattern
- Change direction and increase your speed as you become more confident

strong

CARING

Loyal

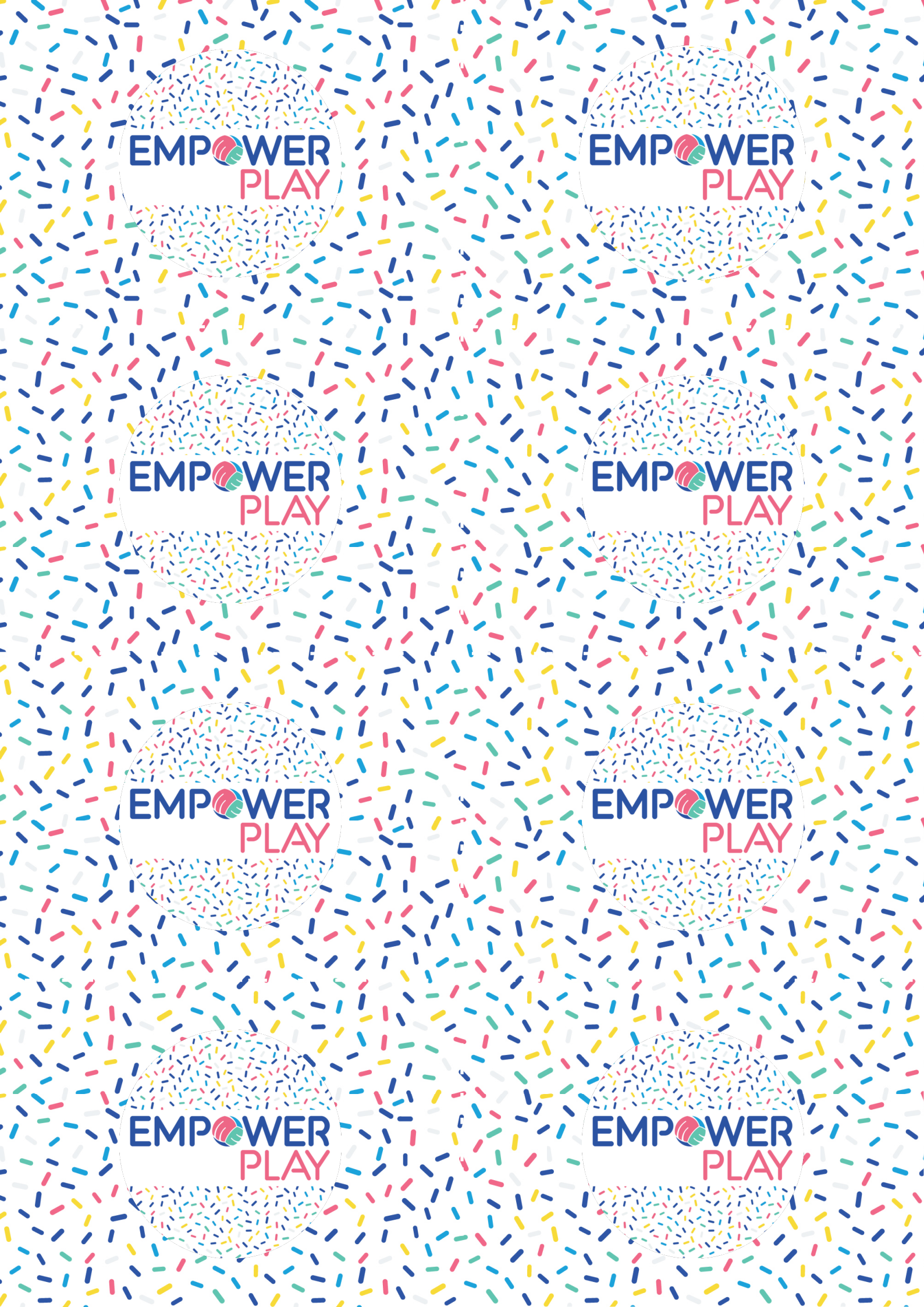
leader

brave

FAIR

PATIENT

Calm


EMPOWER
PLAY

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MY PASSION

Using images and inspiring quotes or words to create a passion poster. Does this poster reflect who you are and what you love?

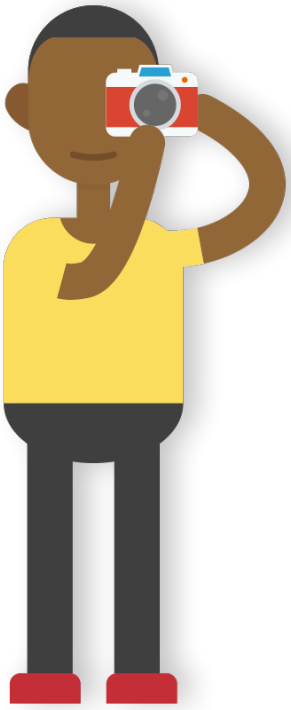
MY PROFILE

Using some of the things you discovered creating your passion poster, create your very own player profile.

Name:

Club:

Position:

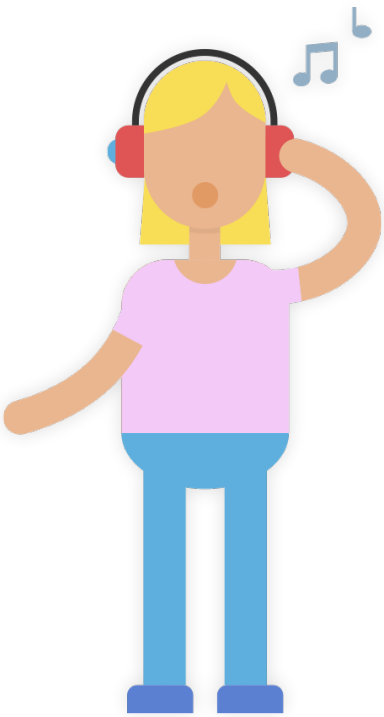


What makes you happy?:

Tell us the funniest thing you have EVER done:

What are the first 3 songs on your playlist?

Your favourite food:

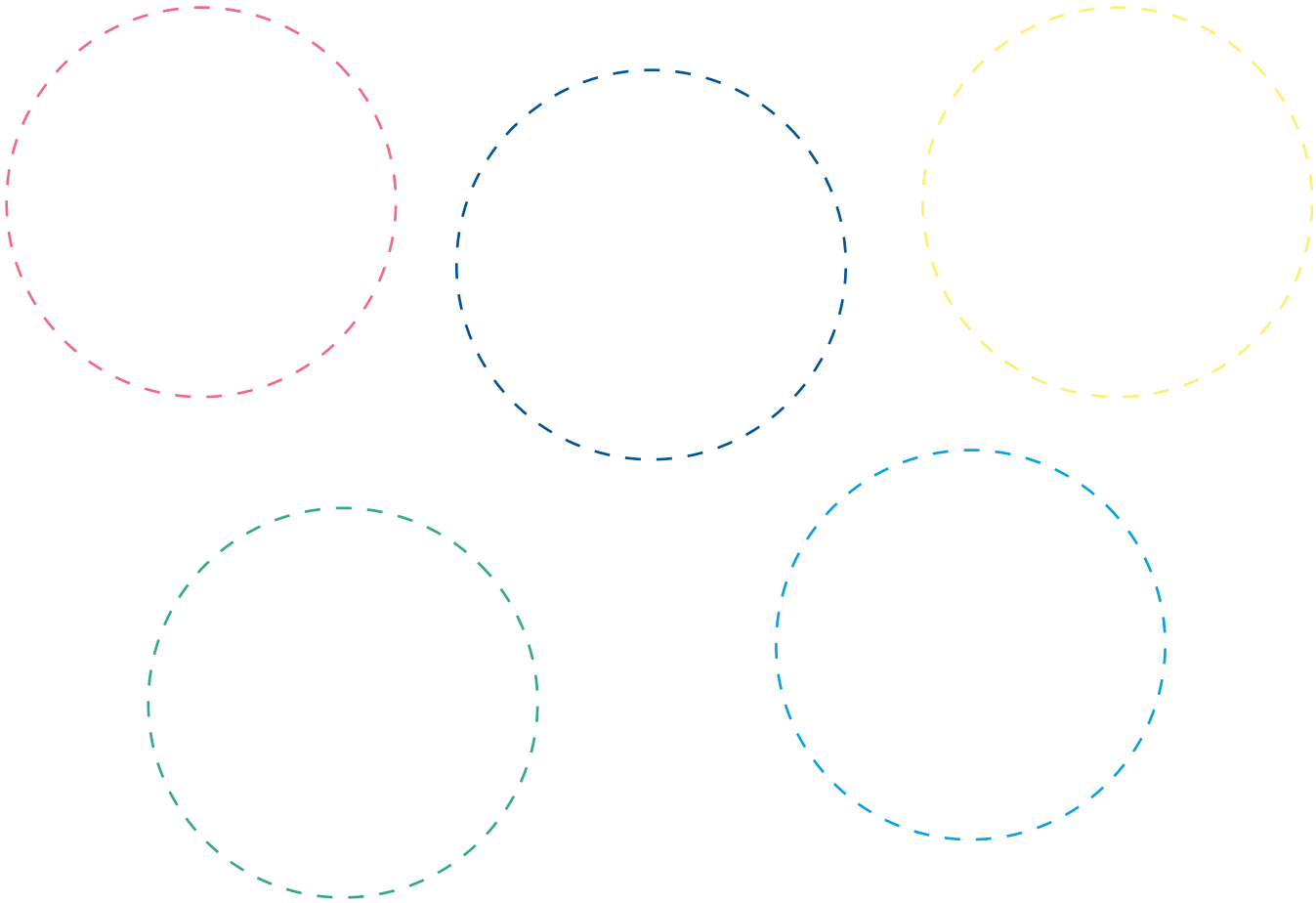


THINK

BEFORE YOU POST

Social media is a great way to display all the things you are passionate about. Is your 'player profile' the best representation of you and will it send the message that you want other to see of you? Write in each of the circles something that is True, Helpful, Inspiring, Necessary and Kind about you.

T	H	I	N	K
is it True	is it Helpful	is it Inspiring	is it Necessary	is it Kind

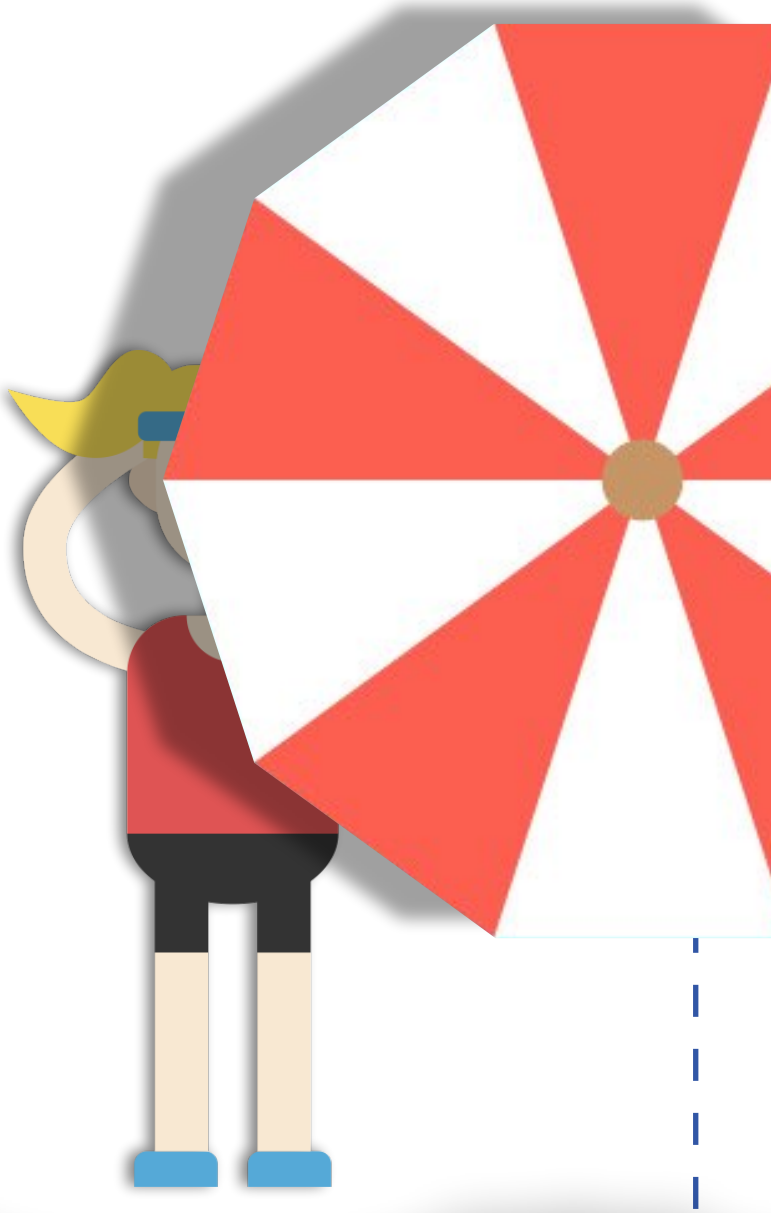


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- Let all your thoughts come and go like the waves coming and going at the beach



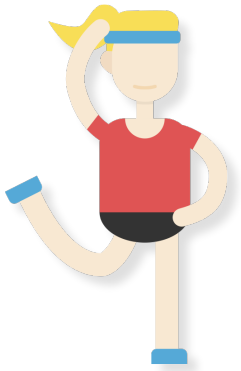
POWER UP

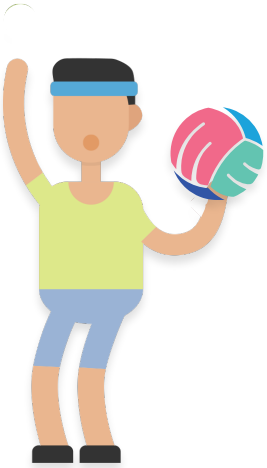
TRAINING TIPS

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ATTACKING SKILL - Catch and Pass

- Working in pairs, set up 4 cones in a diamond pattern as shown below
- The worker runs to any cone, changes direction and runs back into the centre of the cones to receive a pass
- Landing on the outside foot as you change direction





live
your

PASSION

MY weekly PLAN

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_____

_____

MY weekly PLAN

MINDFUL
MOMENT

THIS WEEK I CHOOSE:
WRITE A WORD IN EACH CIRCLE THAT GIVES YOU STRENGTH, VALUE AND PASSION.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NETBALL STATS

V's _____

SCORE _____

WHAT STRENGTH DID
I BRING TO THE GAME?

_____

_____

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SCORE _____

WHAT STRENGTH DID
I BRING TO THE GAME?

_____

_____

You have completed your journal of

EMPOWERMENT

CONGRATULATIONS

You have discovered your STRENGTHS, you know your VALUE and you have found your PASSIONS.



REFERENCES and ACKNOWLEDGEMENTS

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ABOUT TEAM GEM

Team GEM came together out of a passion to create social change using a sport we loved as the vehicle. We are excited and privileged to be sharing our knowledge and passion of how to empower young athletes, so that they develop a deeper understanding of themselves and their teammates. This develops stronger teams, resilient Clubs and a kind and grateful community.

Additional products and programs can be requested by emailing teamgempower@gmail.com

The Empowerment Journal is to be used in conjunction with the EmpowerPlay program, created by Team GEM in partnership with Netball NSW. The EmpowerPlay program is available to all Netball NSW members and its affiliated Clubs. For more information on how you can run the EmpowerPlay program at your netball club go to www.empowerplay.com.au and register.

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Team GEM PTY LTD
ABN 22684250330
www.teamgem.com.au

EMPOWER PLAY

Building **confidence** and **empowering** young people

