

EMPOWER PLAY

EMPOWERED

Information and Invitation

Welcome to **EmpowerPlay**.

What is EmpowerPlay?
A program developed to assist young players aged 10-14 years of age build their self confidence, bond with their team mates and discover their own strengths and self-worth.

The program focuses on creating opportunities for coaches to engage in the players wellbeing while nurturing the ever important team and coach relationship. It looks to develop a players awareness of self and that of their team mates, through a series of open discussions and reflection activities.

This season we are choosing to EMPOWER our players

The Empowered Module is about the individual developing their self-confidence and becoming self-aware so they can value their potential relationships and passions.

The Empowered Module activities focus on the individual participant learning about and knowing who they are and understanding how they fit into a team.

During the **Empowered** session we will be:

Discovering Strengths
Participants will discover and understand their strengths and differences and of those around them.

Know your value
Develop an understanding of a participant's own personal value

Find you passions
Finding our passion and understanding how we choose to show it.

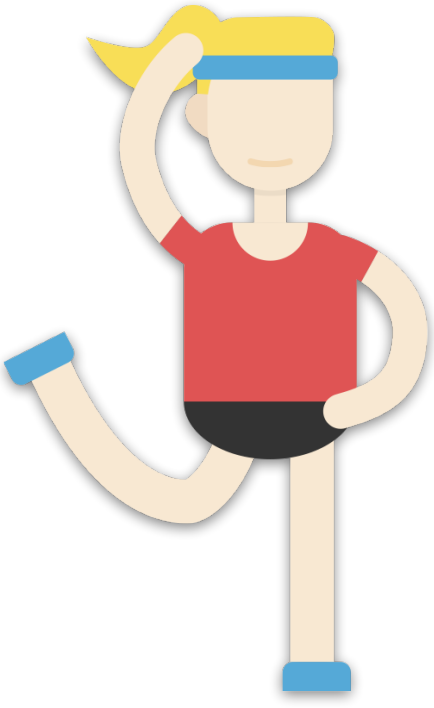


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INVITATION

EMPOWERPLAY - EMPOWERED SESSION	
DATE	
TIME	
LOCATION	
PRE SESSION PREP	SELECT THE TITLES BELOW TO DOWNLOAD: THE PERSONALITY PROFILE



Discover your

STRENGTHS

Know your

VALUE

Find your

PASSIONS