

EMPOWER PLAY

KINDNESS

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 KINDNESS for our players

The Kindness Module points the individual in the direction of learning to be kind to self and kind to others through giving to others, communication and showing compassion.

The Kindness module is about the development of communication skills that assist with self awareness and becoming conscious of being kind to ourselves and others.

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

Discovering Strengths

Discover how your strengths and differences can be used to give to others

Kind Communication

Learning to be kind to self and others through active communication.

Kind to Me & U

Encouraging each other through words, acts, contact and giving.

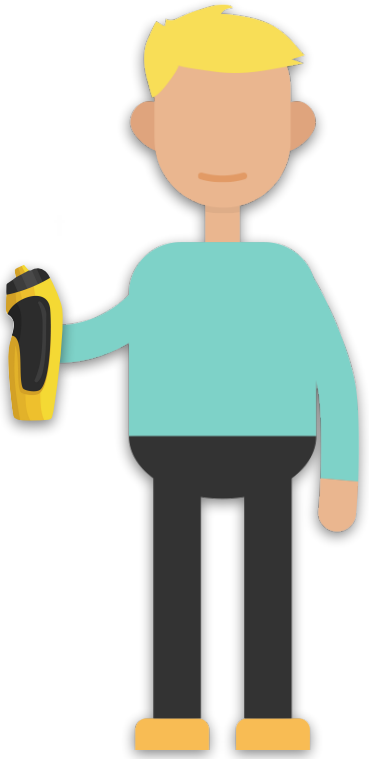


EMPOWER PLAY

KINDNESS

INVITATION

EMPOWERPLAY - KINDNESS SESSION	
DATE	
TIME	
LOCATION	
PRE SESSION PREP	SELECT THE TITLES BELOW TO DOWNLOAD: THE PERSONALITY PROFILE KIND TO ME VALUE PROFILE



Discovering
STRENGTHS

Kind
COMMUNICATION

Be
KIND TO ME & U