

EMPOWER PLAY

RESILIENCE

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 be RESILIENT

The Resilience Module provides the individual with learnings to bounce back when things don't go their way and taking proactive steps to turn their negatives into positives through problem solving together, using their strengths,

The Resilience module is about having the ability to deal with whatever is 'thrown at you'. The activities below look at opening new areas of the game up to players; learning a new position and problem solving.

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

Bouncing Back
Awareness of how to use a participant's strengths to overcome obstacles

Pro-Active Steps
Learning to take proactive steps to turn negative thoughts into positive ones

Problem Solving
Becoming aware of what they can control as individuals and as a team.



EMPOWER PLAY

RESILIENCE

INVITATION

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



Learning to
BOUNCE BACK

Take
PROACTIVE STEPS

How to
PROBLEM SOLVE