

## 3 Separate Female Health, Wellbeing and Sports Performance Talks / Workshops

Her Sport will be presenting several workshops to Naomh Ólaf GAA club members on the 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> of November. The purpose of these presentations is to build awareness and resilience around female wellbeing, sports participation, and performance.

Her Sport was founded to level the playing field for women in sport through daily content and education. Her Sport is a movement and a symbol of change. They are committed to gender equality and making a positive impact for girls and women in sport. Their mission is to use sport, health, and fitness to educate, empower and inspire girls and women to achieve their full potential.

As a club we are honoured to host these workshops, as this is another step forward in striving to improve our female involvement in the club and in sport in general. All are encouraged to attend.

We have been advised it's more beneficial for the underage girls to be split into two groups as the U12s will be at a very different life stage to the U18s and the content would be quite different.

We encourage having a safe space for the girls to talk - we recommend a max of 4 adults in the room, preferably women. The girls will get more out of the conversation in this scenario.

The topics are provided below to parents here beforehand and they can choose whether or not they want their girls to attend.

### U12 – U14 girls Camogie and Gaelic football players workshop: Function Room/Hall Naomh Ólaf GAA Club

**November 9<sup>th</sup> Wednesday:** [Click here for hyperlink to Everbrite to book](#)

1. Female role models and learning from their experiences
2. Menstrual cycle & body image - starting the conversation, building confidence, managing your menstrual cycle/period, "food is fuel" & importance of nutrition
3. Managing school & sport - striking the balance, including discussion on competitive & social sports.
4. Benefits of staying in sport - friends and integration, physical health, mental health, time management, leadership, teamwork, social skills, confidence, school/concentration.

### U15 – U18 girls Camogie and Gaelic football players workshop: Function Room/Hall Naomh Ólaf GAA Club

**November 10<sup>th</sup> Thursday:** [Click here for hyperlink to Everbrite to book](#)

Understanding the barriers to sport and why people leave sport

1. The women's sports landscape
2. Female role models and learning from their experiences
3. Menstrual cycle & body image - building confidence, managing your menstrual cycle/period (including how to get the most out of your menstrual cycle with exercise), "food is fuel" & importance of nutrition
4. Managing school/college & sport - including discussion on competitive & social sports. Positive correlation between sport and academic results.
5. Benefits of staying in sport - friends and integration, physical health, mental health, time management, leadership, teamwork, social skills, confidence, school/study concentration. Using sport as a tool to integrate into a new environment (college, new town)

### Adult Players, Coaches/Mentors and Parents Talk: Function Room/Hall Naomh Ólaf GAA Club

**November 11<sup>th</sup> Friday** [Click here for hyperlink to Everbrite to book](#)

1. The women's sports landscape
2. Female role models and learning from their experiences

3. Benefits of staying in sport - friends and integration, physical health, mental health, time management, leadership, teamwork, social skills, confidence, school/concentration.
4. Understanding the barriers to sport and why people leave sport
5. The importance of staying in sport at different life stages
6. Understanding the Menstrual Cycle and how it affects performance. Tracking the menstrual cycle to improve performance.
7. Body image - building confidence, managing your menstrual cycle/period, "food is fuel" & importance of nutrition
8. Balancing life, work and sport
9. Men who support women - educating men in the club to understand the inequalities, be vocal and promote female leadership.
10. Language and support from parents matters
11. Keeping teenage girls in sport - learning about the barriers and how to overcome them