

# WORKSHOP: EMPOWERING PEOPLE TO TRANSFORM THE CULTURE OF FOOTBALL

## THE HF PROJECT

### OUR WHY...

To empower people to create an environment of equality, mutual respect, dignity and encouragement for all players, referees, coaches and parents.

### OUR HOW...

Through experiential activities you will be thinking, feeling and deciding.... how your values, behaviours & communication styles can drive positive culture change.

### OUR WHAT...

A two hour club workshop to explore how the outcomes below can be adopted by your club.

“This workshop will give clubs & individuals the tools to create positive experiences through embedding core values, behaviours & empowering communication techniques.”

Rob Harwood, YEL CEO.

### WORKSHOP AGENDA & OUTCOMES

- **What is your why?** - Identify your beliefs, principles & passions.
- **Self-awareness** – Identify our coaching styles.
- **Values, skills & behaviours** – What we want the children to learn & do our values and behaviours reflects these outcomes.
- **The Brain** - Understanding how the brain works and how a child's is different.
- **Thinking, feeling, deciding** - To understand how words are perceived & digested.
- **Communication Techniques** – Experiencing how small changes in vocabulary can have an enormous impact.
- **Restorative chat** - How to reconnect.
- **Real life application** – How to apply these principles to your club & community.

