

OVERVIEW OF SALT EDUCATION SESSIONS FOR SENIOR CLUBS

WELLBEING & MENTAL HEALTH

This session is designed to give participants an understanding of anxiety and depression and provide them with positive mental health habits for life. It educates participants about the importance of having 'real conversations' and aims to reduce the stigma that remains around mental health issues. Participants are encouraged to ask good questions of their friends and to be open and honest about how they are coping and gain a better understanding of the support structures available.

CLUB WELLBEING TEAM

This program is designed for volunteers who have done the wellbeing and mental health course and want to expand and grow their knowledge and influence in this space within the club. They will be trained online through 3 interactive sessions to become the eyes, ears and heart of well-being and mental health in the club. The CWT is generally made up of three to six people who are well known, trusted, wise and approachable. They are caring and perceptive. They are happy to approach people and have a conversation to see how people are coping.

CLUBS WITH HEART (IN CLUB SESSION FOR WHOLE CLUB COMMUNITY)

This session outlines how to create a new ERA in your club through Education, Responsibility and Accountability. Clubs with Heart aim to be highly competitive, they want to win, and they want to produce great players. However, they understand that they have a higher calling, which is to create a community of care, respect, courage and resilience. This session focusses on creating a story for which your club is known. We address the barriers that hold us back, then build the knowledge, the structures, the leaders and the behaviours we need. Finally, we focus on building competitive greatness.

DRUGS AND ALCOHOL

Traditionally many sporting clubs have relied on alcohol sales to generate club revenue and have sometimes promoted heavy drinking. We also know that heavy alcohol use can lead to illicit drug use. This session explores the dangers of heavy alcohol use and drug abuse. It asks, 'What kind of club do you want to be?' 'What kind of influence do you want to have on the kids coming up?' 'What reputation do you want in the community?' 'Where do drugs and alcohol fit into all this?' and 'How can we create an environment that supports anyone dealing with a drug or alcohol issue while keeping the club, healthy and drug free?'

EQUALITY IS THE GAME

This session tackles the issue of gender equality, racial equality, sexual equality (LGBTQIA+), respect and inclusion. Participants are positively motivated to be part of the solution in creating equality and inclusion, firstly in our sporting clubs and secondly in the wider community.

CHAMPIONS OF CHANGE - CREATING A LEVEL PLAYING FIELD FOR WOMEN AND GIRLS

Some sports have traditionally been male-dominated. Great clubs are recognising the importance of enabling women and girls to access these sports and be treated as equals. This session helps clubs understand why this is so important and handle the transition successfully. Topics covered include the rise and impact of women's sports, the barriers that exist, examples of ally behaviours around gender equality, and creating a club where all people feel welcomed and respected

ALLIES OF CHANGE - PREVENTING VIOLENCE AGAINST WOMEN

This session is aimed specifically at adult men. If our society is to experience a reduction in violence towards women, the change needs to be driven largely by men. This requires men to believe that the cause is vital and that our role as allies is the number one factor that will change the outcomes for women and girls. This session does not start from a position of blame. It is a positive course that educates, motivates and equips men to take responsibility, to hold each other accountable and to be proactive allies.

TEAM FIRST LEADERSHIP - SENIOR CLUB VERSION

This session is designed to allow senior sporting club leaders to examine and determine what kind of club they want to create and how they, as leaders, can drive the change they want to see. Essentially, great clubs are values driven and leaders are aware of their own strengths, but more importantly they are looking to identify and develop the strengths of other club members, so that ultimately change is driven by everyone

ELEVATE - STRENGTH IN LEADERSHIP (17+ FEMALES)

This session is designed to empower individuals to discover their strengths and values that will positively impact their club and their team. Effective leaders prioritise others, build relationships, embrace discomfort and show vulnerability. The presentation stresses the importance of taking control by focusing on controllable aspects like kindness and courage, as opposed to uncontrollable outcomes. A key theme is finding one's purpose by stripping away superficial layers to reveal core values, which are "the things that you believe are important in the way you live and play your sport."



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