



Ards and North Down Borough Council

making Ards and North Down safer

DEVELOPING RESILIENT YOUNG PEOPLE

Workshop for Sports Coaches & Volunteers



SPACES

AVAILABLE!

What is resilience and why is it important?

Explore how to retain young people at sports clubs

Understand how to build resilience

Explore how external factors e.g. drugs/ negative peer groups can influence behavior

How to support young people as a coach / volunteer

For details, & to register, contact: john@communitysportsnetwork.org

Wednesday 17th February at 7pm



Delivered as a 2 hour online workshop