

DEVELOPING RESILIENT YOUNG PEOPLE

Workshop for Sports Coaches & Volunteers

*LIMITED
SPACES
AVAILABLE!*

Wednesday
17th February
at 7pm

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



Delivered as a 2
hour online
workshop