



## Women in Sport, Physical Activity & Recreation

Sask Sport Inc., in partnership with the Canadian Association of the Advancement of Women in Sport and Physical Activity (CAAWS), will be offering CAAWS Women and Leadership Workshops. Five 3-hour workshops are available, designed to be delivered to a female only audience.

**Target Audience:** These workshops are available for those interested in *hosting* workshops for female-only audiences, addressing women working or volunteering in Canada's sport and physical activity sector (administrators, coaches, officials, board members, volunteers etc.). These workshops are appropriate for hosting at events such as AGM's, coach development clinics, sport conferences, volunteer development etc.

- Effective Communication:** In the workplace, effective communication is the foundation for better job performance and relationship building. After this workshop participants will be more strategic and efficient in their communication.
  - Consider the importance of the personal brand
  - Learn about four distinct communication styles, and identify your preferred style
  - Discuss electronic communication and social media etiquette, and how to avoid common pitfalls
- Conflict Resolution:** Conflict, in its many forms, is an inevitable part of our personal and professional lives. This workshop will assist participants to understand and resolve conflict professionally.
  - Consider sources of conflict and the cost of leaving conflict unresolved
  - Consider five styles for dealing with conflict, identify your preferred style, and discuss situations when each style should be employed
  - Review tips for effective conflict management
- Influencing Change:** Whether influencing change in your organization, across the sport and physical activity systems, or more broadly in society, this workshop will provide participants with theory and practical tools for success.
  - Discuss the (under) representation of women in Canada's Sport and Physical Activity sectors and more broadly in society
  - Identify elements of effective change movements
  - Review tips for being heard and improving your listening skills
  - Discuss approaches on how to influence others
- Life Balance:** For many women, balancing the demands of work, family, friends, and personal time is a challenge. This workshop will provide participants with an opportunity to explore a variety of strategies to add more balance to their lives.
  - Examine your priorities and what "balance" means to you
  - Explore key dimensions that can help or hinder life balance
  - Learn strategies and collect tips to help you experience balance
- Effective Networking:** Strong networking skills can be a valuable tool, both personally and professionally. From building organizational partnerships to knowing about upcoming events, building your network is a long-term investment with great payoffs.
  - Explore the value of networking
  - Discuss in-person and online networks
  - Identify strategies to build and maintain your network

**Bonus:** The Coaching Association of Canada (CAC) has confirmed that the leadership workshops are recognized as non-NCCP PD events within The Locker (NCCP database). NCCP certified women coaches (in the current NCCP) can use these workshops for professional development (PD) points towards maintenance of their certification.

**Interested in scheduling a workshop, contact:**

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