HERA Coaching Young Women and Girls Toolkit

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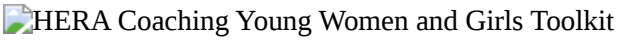

Briana irving
Co-authored by Aktive
Aktive - Auckland Sport & Recreation
Message Briana

A tool kit for coaches to understand what girls want from a coach and how to create a safe and supportive environment. This tool kit will influence coaching styles to ensure that the delivery will bring the best out of the young women and girl's that are being coached.

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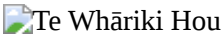

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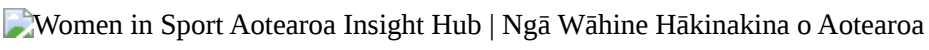
Close panel 

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