



Become a Facilitator for  
Read the Play/Ahead of the Game

Warrnambool Area EOI

In partnership with



Movember Ahead of the Game is a literacy and resilience program which aims to educate umpires, young players (aged 12-18 years) and their support networks (parents, coaches, and club volunteers) on the importance of mental health.

Giving them tools to deal with life's challenges, and the confidence to support their mates through tough times, whilst also empowering them to look after their own mental wellbeing.

Ahead of the Game consists of 4 x 45-minute workshops:



Mental health literacy workshop that young athletes complete first. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help themselves and others when faced with mental health challenges.

'The Challenge' app. The mental health resilience workshop and modules focus on teaching young athletes about ways to identify and develop skills for managing the challenges that sport and life can present.



Mental health literacy workshop for parents. The session focuses on building parents' knowledge of what mental health is and the skills and knowledge around how to help their children and others when faced with mental health challenges. It also helps breakdown what is normal teenage behavior and what is not.

Mental health literacy workshop for coaches and club volunteers. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help young players and others when faced with mental health challenges.



### Training

#### Tuesday 13th February

- 1pm - 4pm at Meli, 36 Fairy St Warrnambool
- 5:15pm at Warrnambool Football Club: Observe an Ahead of the Game session in action (1 hour session).

#### Wednesday 14th February

- Potential opportunity to shadow or co-facilitate a session at a club (TBC).

### Time Commitment

- Sessions run from 45 minutes to one hour plus travel to football/netball clubs in the South West region.

### Requirements

- Current Working with Children check
- Mental Health 1st Aid (preferred or aiming to complete)

### Opportunities

- Approximately 25 AOTG workshops will be run during 2024. Each session is facilitated by two presenters.

### Payment/Reimbursement

- A \$100 Coles/Myer voucher will be provided to each facilitator following each AOTG session. There may be provision for travel payment for longer distances travelled.

If interested, please email [info@readtheplay.org.au](mailto:info@readtheplay.org.au) or call Michelle on 0409 416 779

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