

WE LEAD TOGETHER

(LEADERSHIP, EQUALITY, ACTIVITY, DIVERSITY)



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LEAD PROGRAM UPDATE

by: Karen Furneaux

The LEAD Program is back-in-action post-COVID-19 at YWCA Halifax with a specific goal to level the playing field and address barriers to women and girls of all abilities and backgrounds to **provide safe sport, recreation and physical activity experiences that are positive and confidence-building.**

Identified as an immediate and urgent need to help address this generational impact as **1:4 girls aged 10-18 are not committed to returning to sport post COVID-19 Pandemic** (Canadian Women and Sport, 2022). This has significant **implications on the mental and physical health and self esteem of girls.** As per the study, the scope of this exodus is in the realm of **350,000 girls not returning to sport!**

TABLE OF CONTENTS

LEAD Program Updates | 1
Movement for Mental Health | 2
Breathing Big: Keys to Performing With Stress | 2
LEAD Program in the News & Upcoming Events | 3

The focus of LEAD is to collaborate with Regional Female Leadership Networks in Nova Scotia and **provide training and resources to facilities, programs and coaches as to how to keep girls involved in sport**, to build back addressing potential gaps and barriers to participation. **We need to also involve girls in the process and listen to what they are telling us.**

The LEAD program will be commencing its **first cohort of Leadership Training in 2022** and on-boarding facilities and organizations who commit to building a sport world with equality, diversity, inclusion and safety at the forefront.

Interested organizations and clubs can reach out to YWCA Halifax for more information.



MOVEMENT FOR MENTAL HEALTH

by Karen Furneaux

This year's theme for International Women's Day (March 8th, 2022) is '**Breaking the Bias**' as seen by this group striking the pose!



Imagine a gender equal world, free of bias, discrimination and stereotypes...

A world that is diverse, equitable and inclusive. A world where differences are valued and celebrated. Together we can forge women's equality and we can collectively #breakthebias. As we emerge from the COVID-19 Global Pandemic, consider building our communities back with health and well-being taking centre stage. We recognize the importance of **engaging our bodies in movement for physical, mental, emotional and collective well-being**. Ensuring that all individuals have access to positive sport, physical activity and recreation experiences so that they can foster important life skills and thrive.

Breathing Big:
Take a moment, inhale for a count of 4... exhale for a count of 4... Let the belly and rib cage to expand and contract. Become more present to this moment. Allowing emotions to move like waves...



UP-AND-COMING EVENTS



The 2022 ICF Sprint and Paracanoe Canoe and Kayak World Championships is coming to Lake Banook, Nova Scotia August 3-7, 2022 and features sprint and paracanoe events. Head down to the lake to catch a glimpse of the most powerful paddlers on the planet! The event features a dynamic race schedule and a public cultural festival.

LEAD Program In the News!

CBC News came into the YWCA Halifax location and was featured. Here is the link to the interview, April 14th, 2022.

<https://www.cbc.ca/news/canada/nova-scotia/karen-furneaux-sport-diversity-ywca-1.6419941>

