



# COURAGEOUS CONVERSATION FOR COACHES: HOLISTIC RETURN TO SPORT - GOING BEYOND THE X'S & O'S

**DEAR RINGETTE COACHES,**

We hope this note finds you well. We are writing to share an exciting learning offering that we have designed in response to your comments, suggestions, and needs following the early work we did with the Sport Law & Strategy Group (SLSG) on supporting us through the early days of the pandemic.

This pandemic is asking a lot of us as human beings, and many of us are feeling uncertain and drained, even as we feel excited to begin to shift from lock-down to Return to Ringette. We are being asked to move into 'new' once again, and with each phase of return to sport we are each going to have to learn new behaviours as part of keeping ourselves, and those around us, physically and psychologically healthy and safe. As you consider how best to re-engage with the athletes you care about, you might be asking yourself some of these questions:

- How have I been personally affected by COVID-19?
- How do I feel about returning to ringette?
- In what ways can I support my athletes to ensure they are physically, socially, and emotionally ready to return to ringette?

As part of our ongoing commitment to support a healthy and respectful return to ringette environment, we have once again partnered with the SLSG to help us co-create a Holistic Return to Sport, where we are not only developing policies and procedures to support our physical safety, but also taking the necessary time to pause; connect with our own experiences and needs; reflect; and then act courageously. We will be supported by two SLSG Integral Sport Coaches and we've attached their **bios**.

**Here is what you can expect** if you agree to participate in the Courageous Conversations that we have pulled together:

- Engage in a 90 minute conversation with your peers to better understand some of the anxiety that may have surfaced for you during the pandemic.
- Walk away with practical tools that can help you intentionally design your first 'welcome back' experience for your athletes.
- Forge stronger alliances with other ringette coaches.
- Feel more confident in your return to ringette plans.

We are excited to be able to bring this offering to you, and invite you to bring::

- An open, curious mind;
- A generous, compassionate heart;
- Courage to try 'new' and be in the unknown;

The meeting times are as follows and we will be using our ZOOM platform (links to follow according to the schedule below):

**MEETING DATES (Choose one)**

Wednesday August 19 from 6:00 – 7:30 PM EST

Tuesday August 25 from 8:00 – 9:30 PM EST

Click [here](#) to register and please note that we will be closing off registration 24 hours before each session.

Upon completion of the webinar, you will receive **1 professional development (PD) point** in your Coaches Association of Canada Locker.

Looking forward to our time together.

*S Laurin*

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