



SPORTSREADY
EDUCATION & EMPLOYMENT

FOOTBALL INDUCTION PROGRAM OUTLINE

CERTIFICATE III IN SPORT (CAREER ORIENTED PARTICIPATION)

A review of the Football Induction Program based on feedback across the industry has led to the following outline for 2017.

PROGRAM INDUCTION

- Administration and sign up tasks
- Overview of the sessions involved

CAREER SKILLS SCREENING

- Literacy & Numeracy testing
- 1:1 player feedback and access to referral network
- Information sharing with club PDM

MAXIMISING YOUR TIME IN THE AFL

- Education of industry key stakeholders
- Understanding the opportunity of being an AFL footballer
- Highlighting the performance benefits of an individualised holistic approach

WELLBEING SESSION 1: VALUES IN ACTIONS

- Developing personal values to motivate positive behaviour
- Understanding the effects and link between behaviour mood and performance

WELLBEING SESSION 2: STRESS AND STORIES

- Knowing how to spot and deal with unhelpful internal self-talk
- Helps with stress management, helpful thinking & staying focused

MANAGING MY MONEY

- Building solid foundations of financial literacy and habits
- Understanding current career vs an AFL lifestyle

CULTURAL AWARENESS

- Providing players with a greater understanding of Aboriginal and Torres Strait Islander culture
- How to contribute towards building culturally inclusive workplaces

MEDIA & COMMUNICATION

- Developing the skills needed to assist in dealing with the media
- Communicating effectively in different forms of media

ELITE ATHLETE ELITE LIFESTYLE

- Developing elite skills and standards both on and off the field
- Enhancing an individual's soft skills to assist in living an elite lifestyle

COMMUNITY ENGAGEMENT

- Building a positive personal brand and professional network
- Skills to assist in providing positive player appearance experiences
- Understanding club sponsors and player responsibilities towards them

GAMBLING EDUCATION & INTERVENTION

- Provides information on the player's current workplace environment and the interventions in place
- Focuses on the gambling industry and the risks associated

SOCIAL MEDIA & ONLINE SAFETY

- Developing confidence and understanding in positive social media use
- How to manage and avoid the dangers

FIRST AID

- Formal first aid qualification beneficial to current and future career

PERSONAL REFLECTION & ACTION PLANNING

- Promotes the player taking ownership for their personal development
- Steps through the club's action planning process and produces an individual plan for the player

WRAP UP

- Presentation of assessment tasks
- Completing all requirements to submit qualification

Presentations will be approximately 90 minutes in length (First Aid excluded) and aimed to be delivered in an interactive and contemporary manner. Please allow the full 3-hour timeslot for all sessions to cater for key assessment and follow up tasks.

* First Aid will consist of 2 x 4 hour sessions, or can be completed in 1 day