

COACHING EVERY ATHLETE

Working with Neurodiverse Sport Participants

Inclusive coaching isn't about lowering standards — **it's about coaching smarter and with understanding.** Join us Feb. 2nd with Now What Facilitation to gain practical strategies to:

- Better understand neurodiversity in sport
- Create inclusive training environments
- Support different learning, communication & sensory needs
- Foster positive experiences for all athletes

Date

Feb. 2nd

Time

7:00-8:00pm

Cost

Free!



VOLLEYBALL BC



JULIA WILSON
NOW WHAT
FACILITATION

FEEDBACK THAT BUILDS BUY-IN

Giving & Receiving Feedback That Grows Your Team

The way you give feedback can either shut athletes down — **or help them thrive**. Join us Jan. 29th with Now What Facilitation to learn how to:

- Normalize feedback as part of development
- Deliver feedback that motivates, not shuts down
- Receive feedback with openness and confidence
- Create an environment that encourages learning, risk-taking & creativity

Date

Jan. 29th

Time

7:00-8:00pm

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HANDLING TOUGH CONVERSATIONS

Complaints Management for Coaches

Every coach faces complaints — **confident coaches know how to handle them well.** Join us Jan. 21st with Now What Facilitation to learn how to:

- Respond calmly to parent & athlete concerns
- Understand why complaints arise
- De-escalate situations with respect and clarity
- Set boundaries while keeping relationships strong
- Use strengths-based, culturally agile approaches

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BUILDING STANDARDS THAT STICK

Creating Values-Based Team Guidelines

Great teams don't just have rules — **they have shared standards everyone believes in.** Join us Jan. 13th with Now What Facilitation to learn how to:

- Establish clear behavioural & communication agreements
- Align team standards with shared values
- Create consistency across practices, games, meetings & travel
- Build trust, accountability, and connection within your team

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