

**COACHING
HER™**



EDUCATE. EMPOWER. INSPIRE.

Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.



Coaching HER® Foundational Module 4: Empowering Girls' Engagement

KEY TERMS

Barrier

Something that blocks, or is intended to block, girls' sport participation

Conflict Sensitivity

A deliberate practice to ensure our processes and actions minimize negative and maximize positive effects. It requires 'Do no harm' and asking 'Does my work support peace and security, or could it possibly fuel conflict in this context?' Because sport can challenge traditional gender-norms, efforts to expand access to sport can fuel conflict, discrimination and exclusion in communities.

Empowerment

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.