



Start Strong in HP Sport webinar series Learning Outcomes	
Monday 7 April 2025 Values in Action	<ul style="list-style-type: none"> • Build an understanding of personal values. • Determine their personal values. • Understand the interplay between personal values and high performance sport contexts.
Monday 5 May 2025 Self Leadership (Beginner)	<ul style="list-style-type: none"> • Recognise an emotional trigger and its potential impact on performance. • Identify one personal strength and one growth opportunity. • Commit to one small action to enhance self-awareness in their daily training or competition.
Monday 2 June 2025 Online Brand Integrity	<ul style="list-style-type: none"> • Create an overall vision for their social media and online activities. • Understand how to link their online activities to support their other goals. • Create a basic plan to protect their online integrity.
Monday 7 July 2025 Knowing myself & where I'm headed	<ul style="list-style-type: none"> • Build an understanding of future career opportunities. • Create a link between athletic and academic pursuits. • Build capability to take ownership of guidance and support in relation to study & high performance sport.

START STRONG will provide athletes with an understanding of multiple components of holistic athlete wellbeing, together with athlete stories and experiences.