



JUNE 8 TO 11 2021
8 AU 11 JUIN



LET'S ACCELERATE CHANGE

ACCÉLÉRONS LE CHANGEMENT

Conversation 2021

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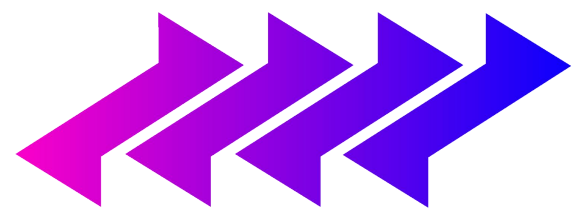
FEMMES ET SPORT AU CANADA
CANADIAN WOMEN & SPORT



WOMEN AND SPORT

Conversation 2021

LEAN IN, SPEAK UP, AND BE UNAPOLOGETIC



Aisha Saintiche

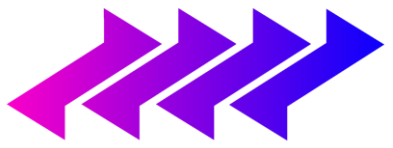
Certified Health Coach, Owner & Founder, Me to Moi Health



FEMMES ET SPORT AU CANADA
CANADIAN WOMEN & SPORT

NORMS

- ▶ SESSIONS ARE RECORDED. IF YOU ARE NOT COMFORTABLE WITH THAT, WE INVITE YOU TO CLOSE YOUR CAMERA.
- ▶ YOU CAN ASK YOUR QUESTIONS USING THE CHAT BOX, WE WILL DO OUR BEST TO ANSWER AS MANY AS WE CAN.
- ▶ WE INVITE YOU TO BE RESPECTFUL WHEN COMMENTING OR ASKING QUESTIONS.



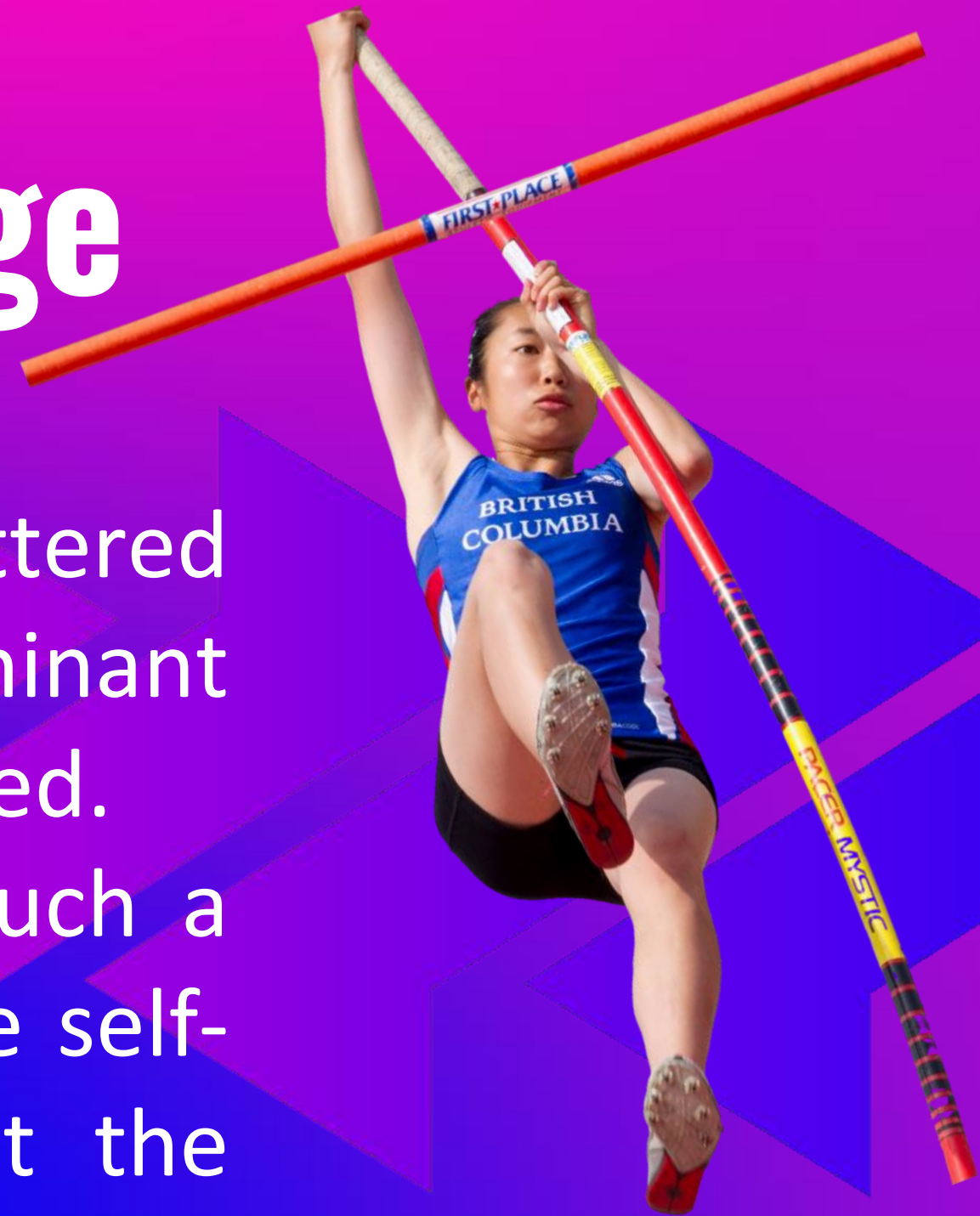
RÈGLES

- ▶ LES SESSIONS SONT ENREGISTRÉES. SI VOUS N'ÊTES PAS À L'AISE, NOUS VOUS INVITONS À FERMER VOTRE CAMÉRA.
- ▶ VOUS POUVEZ POSER VOS QUESTIONS EN UTILISANT LA BOÎTE DE DISCUSSION, NOUS TENTERONS D'Y RÉPONDRE.
- ▶ NOUS VOUS INVITONS À ÊTRE RESPECTUEUX DANS VOS COMMENTAIRES ET QUESTIONS.

Catalyst for Change

OUR COMMITMENT

The power of a bold idea uttered publicly in defiance of dominant opinion cannot be easily measured. As women who speak out in such a way as to shake up not only the self-assurance of our enemies, but the complacency of our allies, we are catalysts for change.



LEAN IN

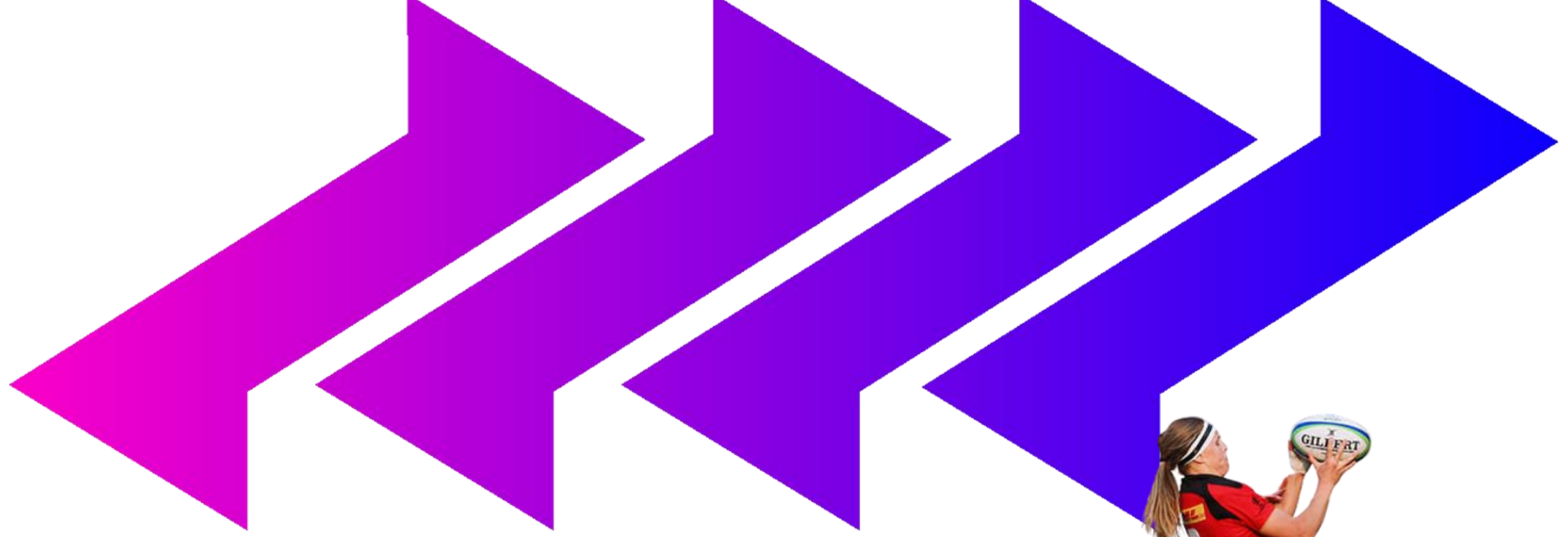


Who Are You?



Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence

~ Sheryl Sandberg



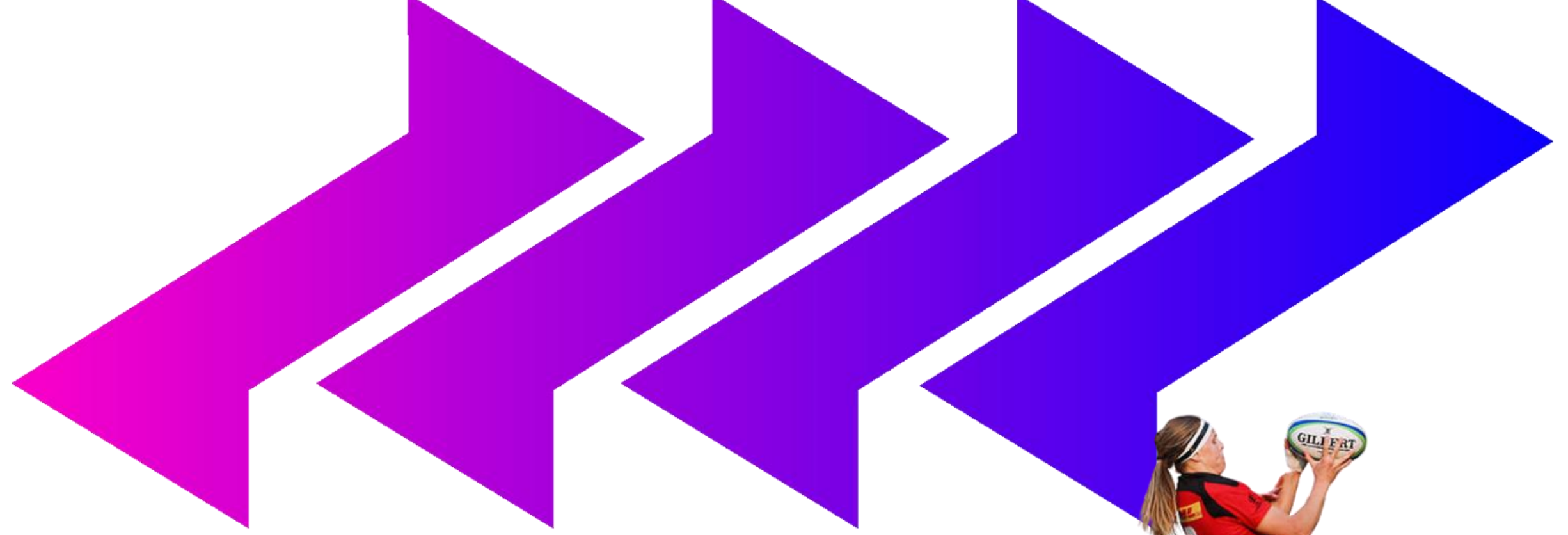
SPEAK

UP



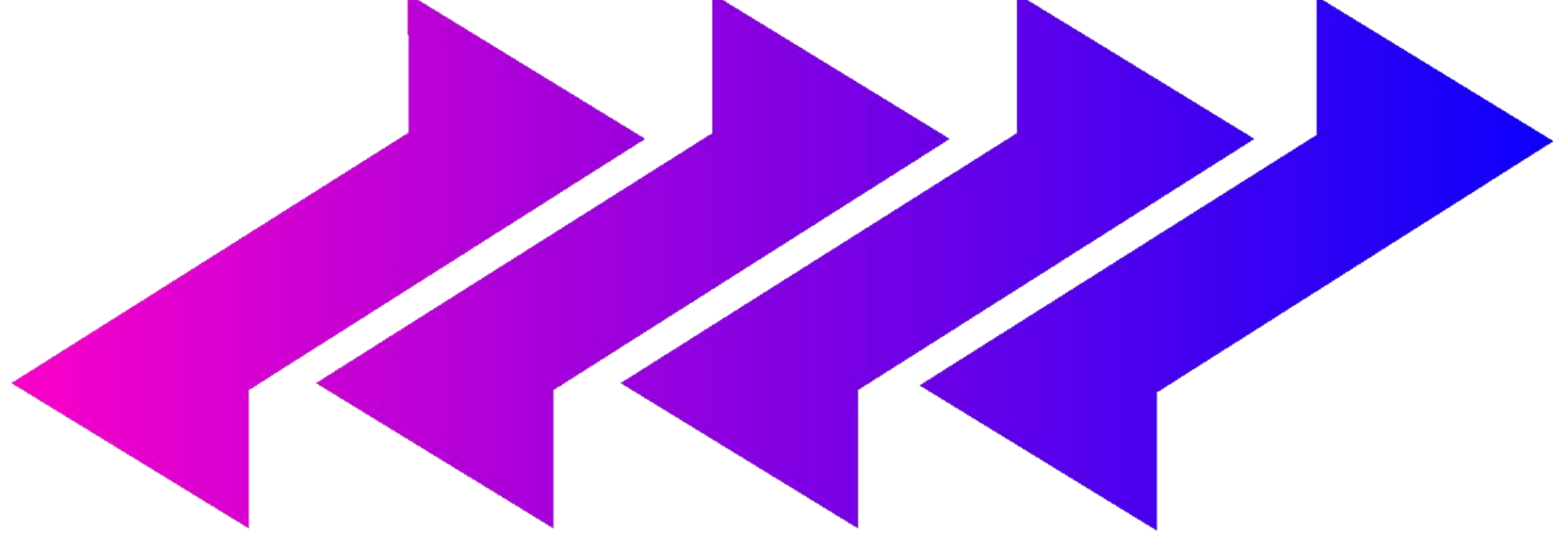
**It is more powerful to speak up
than to silently resent.**

~ Unknown



**BE
UNAPOLOGETIC**



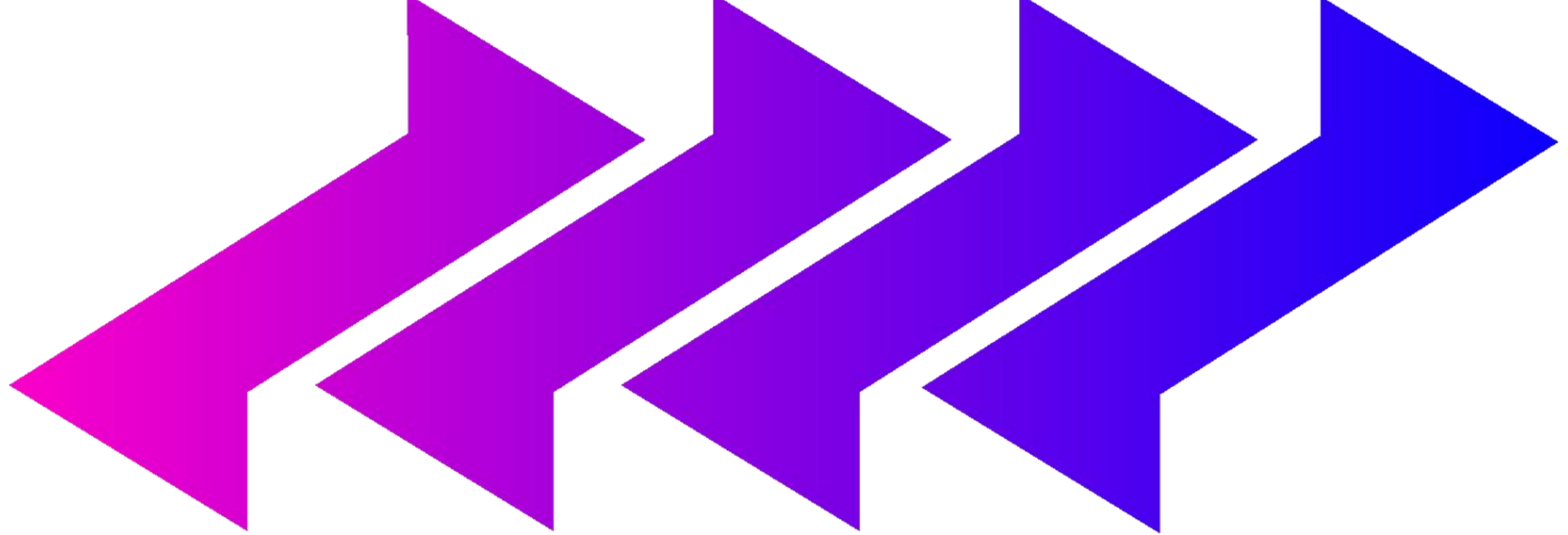


Some people will only engage with you as long as you fit in their box. Don't be afraid to dissapoint them!



Personal Mission Statement





**As a Catalyst of Change My Personal Mission
is to...**

Catalyst for Change

3 C's

Be Creative

Show Commitment

Have Courage





THANK YOU



MERCI



THANKS TO OUR PARTNERS | MERCI À NOS PARTENAIRES

Canada 



Québec 



E-Alliance

*Centre de recherche
pour l'équité des
genres+ en sport*

*Research hub for
gender+ equity
in sport*



SPIRIT NORTH



**INCLUSION
INCORPORATED**



coach.ca
Coaching Association of Canada
Association canadienne des entraîneurs



Tucker Center
for Research on Girls & Women in Sport



Women Active
NOVA SCOTIA



PROMOTION PLUS
GIRLS AND WOMEN IN
SPORT AND PHYSICAL ACTIVITY