

PLAYER DEVELOPMENT

Elevate 360

ELEVATE360 is a new online programme built specifically for female intercounty players, helping athletes navigate the unique demands of high-performance sport. Over 6 one-hour workshops, expert facilitators delivered to following topics:

- Growing an identity outside of sport
- Designing your life to achieve your goals
- Communication skills in high pressure environments
- Female health updates from industry leaders
- The role of sleep in managing stress and burnout out as an IC athlete
- Imaging a new future for female sport

Feedback from participants was positive with a lot of practical information that can be implemented straight away. All the sessions where recorded. If you want access please reach out to the Player Development Team.

Next steps? The GPA re keen to build more resources and opportunities to connect and provide for our female members. We are currently planning the next phase which will build on the platform that ELEVATE360 has carved out!