



PALS

Arweinwyr • Heini • Cadarnhaol
Positive • Active • Leaders

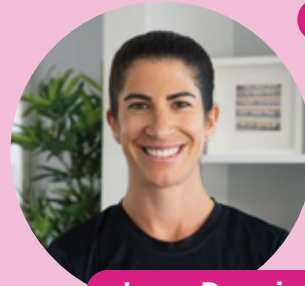


Inspiring Active Girls Leaders Day



Coleg Cambria recently hosted an **Inspiring Active Girls Leaders Day**, with support from Youth Sport Trust. The day was an empowering event focused on nurturing the leadership potential of female students. Designed to gain valuable insights to the barriers they might face to physical activity, the motivators to encourage physical activity, and the essential qualities they felt are needed to become an effective Active Girls leader. These are our findings...

The event featured two internationally acclaimed female athletes who shared their personal journeys and experiences, offering a firsthand look at the challenges and triumphs of being leaders in their fields. Their stories provided powerful examples of resilience, determination, and the importance of staying motivated, even in the face of adversity.



Jenna Downing



Robyn Love

What were the barriers to why girls don't take part in physical activity?

- | | |
|--------------------|----------------------|
| Lack of motivation | Bullying |
| Embarrassed | Bad clothes |
| Mood swings | Stereo types |
| Feeling judged | Don't want to smell |
| Uncomfortable | Different body types |
| Self conscious | Don't want to run |
| Anxious | Periods |
| Lack of confidence | Bad bra |
| Poor Mental Health | PMS |
| Puberty | Hidden disability |
| Low self esteem | |
| Body image | |

What are the motivators to take part in physical activity?

- | | |
|--------------------|--------------------|
| Music | Being with friends |
| Girl only sessions | Having support |
| Games | Making new friends |
| Feeling safe | Lose weight |
| Free snacks | More confidence |
| Opportunities | Role models |

What does a leader look like?

- | | |
|--------------------------------|-------------|
| Positive Mental Attitude (PMA) | Social |
| Good mental health | Brave |
| Enjoyment | Self love |
| Happy | Committed |
| Powerful | Empathetic |
| Patient | Achievement |
| Safe | Confidence |





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Our Action Plan



Coleg Cambria's Vision for Empowering Female Participation in Physical Activity

Based on the valuable feedback from our students during the Inspiring Leaders Day, Coleg Cambria is committed to fostering a supportive environment that encourages more female students to engage in physical activity. Our vision is to break down the

barriers that often prevent women from participating and to empower them to build confidence and a positive outlook on physical activity. Growing a programme called PAL'S Positive, Active, Leaders offering the following actions:

1 Female Only Active Sessions

We will introduce weekly sessions exclusively for females, including gym workouts and multi-sport activities. These sessions are designed to provide a comfortable and supportive space where women can engage in physical activity at their own pace.

2 Development of Team and Social Opportunities

We aim to create more team-based and social opportunities tailored for females. These initiatives will help build camaraderie and foster a sense of community among participants, making physical activity a more enjoyable and shared experience.

3 Promotion Across the College

We will actively promote these activities and the broader initiative across all campuses to ensure that more girls are aware of and encouraged to join. Through campaigns and targeted communications, we aim to reach a wide audience and inspire participation.

4 Opportunities for Friendship

Recognising the importance of social connections, we will offer opportunities for participants to make friends and build supportive networks. This will help create an environment where everyone feels included.

5 Girl Packs

To further motivate and support our female students, we will produce "girl packs" to include resources and motivational materials to encourage ongoing participation.

6 A Group with a Purpose

We will establish a dedicated group where individuals can feel part of something meaningful and empowering. This group will focus on building confidence, sharing experiences, and celebrating achievements together.

7 Welcoming Spaces and Supportive People

All our spaces will be designed to be welcoming, and our staff will be trained to be supportive and encouraging. We want every female student to feel comfortable and motivated when they participate in physical activities.

8 Creating Role Models and Leaders

We will focus on developing role models and leaders with a positive mindset who can inspire others. These leaders will play a key role in supporting their peers and helping to grow opportunities for female participation across the college.