

AFLW INDUCTION PROGRAM

OVERVIEW

The AFLW Induction is a bespoke Industry micro-credential designed to educate new players coming into the AFLW system on how to optimally navigate and thrive in the AFLW environment. The AFLW Induction Program is comprised of two core modules / workshops (Finance and Wellbeing) which are compulsory sessions, and elective sessions of the clubs choice. Core sessions will be required to be delivered to players online predominantly and face to face on club request (and if possible with ongoing restrictions) to allow for flexibility in scheduling. The elective session can be delivered by the club at their discretion once core sessions have been completed, by accessing the AFLPA Program Hub and working with your appointed Regional Manager.

CORE PROGRAM OFFERING:

FINANCE

Overview

This session is designed and delivered by expert financial planners to inform the development of solid foundations around financial literacy, while embedding core financial behaviours to thrive in the AFLW environment and life. This program has been tailored for players within their first year in the industry.

Structure/Delivery:

- This sessions will be delivered online or in person by an AMP finance professional (dependent upon club preference and presenter availability)
- This content will be delivered as a one off 45-minute session

Learning Outcomes

1. Players to develop an understanding of the fundamentals of financial management
2. Develop basic strategies to navigate the intricacies of having multiple sources of income

WELLBEING

Overview

This program is designed and delivered by AFLPA psychologists to introduce AFLW players to some important themes around mental health and to initiate peer to peer conversations. Program material has been contextualised to meet the specific needs of female elite athletes entering the AFLW industry with a focus on the supports available to thrive in the AFLW environment and life.

Structure/Delivery

- This content will be delivered in person or online by AFLPA psychologists (depending on club preference and presenter availability).
- Operating as a series of discussion groups between players, this session will not be recorded due to privacy reasons.
- Availability to deliver these sessions is Mondays, Tuesdays & Fridays.
- This content will be delivered as a one off 45-60 minute session

Learning Outcomes

1. Explore some of the shared language in the mental health landscape
2. Conceptualize some of the signs and symptoms associated with some common mental health challenges (relevant to AFLW members)
3. Discuss some of the considerations that may impact how we initiate and respond to conversations around mental health and ill-health.
4. Promote support options available

*Note:

- To optimize the delivery of core program content, for some sessions it may be preference of presenters that PDMs do not attend the session, and numbers may be limited to only first year players.
- If clubs would like to deliver similar content to other members of the playing group, clubs can discuss this directly via your appointed Regional Manager

ELECTIVE PROGRAM

To access a centrally funded elective all enrolled first year players will need to complete the two core modules of the AFLW induction program. Clubs will then need to complete the online application form provided below. Clubs will be able to access endorsed AFLPA programs available via the Program Hub on the AFL players website or put forward external evidence based programs that are viewed as meeting the outlined criteria of off-field development for endorsement and funding.

<https://forms.office.com/r/YKW4E7DWXP>

<https://www.aflplayers.com.au/players-home/programs-hub>

Once the form has been completed, an IGC approvals committee will review all applications, and each clubs appointed regional manager will contact each club regarding the status of their application.

ADMINISTRATION

To access delivery of the core sessions please contact Jennifer Ashton jashton@aflplayers.com.au and for elective session work with your regional manager to obtain contact details to engage provider.

Other members of your playing groups can attend sessions if required by clubs, please just notify Jen Ashton.

MEASUREMENT

Your Regional Manager will work with you to ensure all sessions are assessed by participants after every session. This will allow us to grade the impact of sessions and work in real time with key stakeholders to make adjustments where required.