

What Went Well and Why

- Really interesting talks and ideas
- Just inspiring to hear from such a cross-section of women in sports
- Hearing insightful case studies from different environments
- giving takeaway and ideas that can be implemented into our own settings
- Enjoyed the range of topics. All focusing on the same topic from different angles
- Really clear explanation of the 4's. Thought of all aspects/heads for women in sport
- Left feeling inspired and motivated to make some changes
- Really enjoyed Julia's talk on female football - picked up on some very real and realistic points
- Lots of great examples and local contacts - Useful ideas
- Really good to hear from good case studies from a member of different environments
- Good to have a wider range of ideas and experiences
- Some really inspiring ideas and some things to think about into our club
- Amazing listening to passionate people and ideas I can go into schools with, for students and the teachers
- Like the journey of women in sport - from community to high performance
- The ideas we've heard that we can take on board and implement at Places Leisure - AMAZING TALKS
- Enjoyed listening to a range of sports and ideas
- Loved the enthusiasm, ideas and creativity being put into getting more women involved in sport and find it inspiring for my own work
- Get to see how to engage women and girls from different perspectives
- Great case studies - talking about these
- Really relevant speakers providing really good ideas, strategies and solutions to the challenged we are facing
- Choice of case studies speakers was impressive. So enthusiastic and inspiring
- Really positive focus on what is working, the barriers and how to overcome them.
- Fantastic speakers very engaging delivery, came across very well
- Good range of speakers
- The overall message that everyone had the same thoughts because everyone wants the same outcome
- Great to listen to 4 very different inspirational speakers
- The variety of involvement to support active participation from a range of activities and sport.
- Great to see the variety and range of opportunities
- Really informative guest speakers with good tips and strategies to include girls in sport
- Enjoyed listening to lots of different peoples experiences and situations and what they are doing
- Lots of ideas and research. Created great networks and links

Even Better If & Ideas for Next Time

- Longer session
- Would be good to have a panel along with a Q+A
- More time to discuss amongst tables
- Continue to use conversation to develop. More time to share best practice
- Keep going with these sessions, they are great and I imagine you'll continue to get bigger numbers
- Lots of ideas for sport and coaching, but what can we do as fitness instructors in the leisure industry
- Interested engaging women in cycling
- Funding other than 'sport' only. Strategies to tackle specific boundaries.
- WiFi - Scan QR thing
- More time to network and talk with those attending.
- Bridge the gap from participation to excellence and ambition
- Remember to get a guest WiFi code.
- More time with tea included
- Not enough time to discuss the speakers views
- Funding in Worcestershire
- More time for table talking
- Bit more interactive in terms of getting involved, maybe small groups
- Promote more networking opportunities.
- More girls promotion but include how our men in girls environments can help us
- To allow more informal discussions on and in between tables and speakers etc.
- Looking at what funding and charity opportunities are available to support groups and organisations.
- Understand different marketing ideas to get more girls/women involved (how to get the message out.
- How to continue the conversation, track the process and for pledges?
- More focus on female mental health?
- Extra focus on improvements and ideas for primary schools before their further journeys
- More time and really focus on just girls

Pledges

Please make a pledge on what you intend to do as a result of being here this evening

- I pledge to continue to create opportunities for young girls to play cricket in a safe and social environment
- Wyre Parkour to run a women only parkour session/workshop
- Promote more female role models within the club. Create more opportunities through networking for girls to play competitive sports
- I will keep going with girls' coaching even when there is low turnout
- Introducing 'Girls Night In' once a term to engage more girl participants
- Getting more women into our club committee to ensure the team have an equal voice
- To actively support and encourage more women and girls to get involved with different activities - LOVED the girls night in and think this would be a brilliant concept for us at Places Leisure
- I am going to engage more parents in supporting the team I coach. It's not just about coaching, it's the whole environment. And at the same time I am going to talk to the girls more!
- Action - Look up tampon tax funding, get a mental health first aid course, use a goal wall for lectures and for sport team
- I will ensure that all of my girls have equal opportunities, whilst changing the approach to those in sport and PE that need extra support. Keeping positive is so important!
- I pledge to share the links and knowledge with schools and settings
- Celebrations! - Instead of asking players to stay on their feet whilst listening, rephrase it to "Ensure you do that when you score"
- Kit - Speak to the players about the kit and what they want to wear
- Engaging women and girls - will be listening to the girls more and build on their feeling of the team being a family
- Make sure that every girl, no matter whether they are returner to cricket, a current performer or a 'newby' to the sport, that everyone walks out of the session wanting to come back and continue to develop themselves in our sport
- To support other groups with new ways to engage women and girls in activity - whichever way that may be!
- AJB Sports in Education pledge to work with our partner schools to offer more specific girls only clubs and opportunities in primary schools as well as celebrate girls achievements at our holiday camps
- I will be taking away from engaging women and girls event to be positive and fun with engaging in my sessions with my girls sessions
- Free Tickets - Offer free tickets to a Severn Stars NSL game for anyone in the room who would like to bring a group of girls to watch a match to inspire them
- I am going to look into what kit we provide for our Women's team so they are a more comfortable fit. I am also keen to liaise with local schools and especially high school to encourage signposting to our cricket club for girls to come along if they express an interest. Thanks for a great evening. Lots of inspiring stories
- I am going to run a survey in Ross on Wye to discover the barriers women have in participating in cycling and get our club to run women only rides.