



Sport for Life WORKSHOPS

Indigenous Communities: Active for Life

The Indigenous Communities: Active for Life resource and accompanying full-day workshop were created through a national process involving Indigenous sport and physical activity leaders throughout Canada, with the purpose of establishing culturally tailored resources that inspires community leaders to deliver programs that promote the holistic development of their participants.

The resource and workshop support community leaders in the development of sustainable, quality sport and physical activity programs that build collaborative relationships, and re-engage their community members in active and healthy lifestyles. Upon completion of the workshops, participants will have:

- Tools, resources, and action plans to support the design and delivery of quality sport and physical activity programs in their community
- An understanding of physical literacy, which is the development of movement skills, confidence, and motivation to be active for life
- Ideas to support their participants' physical, mental/emotional, spiritual, and cultural needs
- A certificate of workshop completion and 3 National Coaching Certification Program (NCCP) Professional Development (PD) points (if applicable)

LOCATION DETAILS

Sunday, March 8th, 2020

9:00am – 5:00pm

Tzeachten First Nation - Gym
45855 Promontory Road
Chilliwack, BC

Fees & lunch covered via I-SPARC

CONTACT DETAILS

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