

SALT

SPORT & LIFE TRAINING

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 Bendigo Bank



WHO ARE SALT (SPORT AND LIFE TRAINING)?

ABOUT US

SALT are a not for profit, health education company that began after the founder, **Dave Burt**, attended 7 clubs over 18 months who had all lost a member of their community to suicide. Dave was convinced that we needed to challenge sporting clubs to have essential conversations and to transfer the strengths people demonstrated on the field, to life off the field.





Today's issues include, an increase in:

- Suicide rates
- Anxiety
- Depression
- Eating disorders
- Self harming
- Poor body Image
- Poor self esteem
- Isolation and loneliness
- Addiction to social media
- Lack of hope

THE SOLUTION

- ✓ Connection
- ✓ Community
- ✓ Guidance
- ✓ Understanding
- ✓ Resilience



“It takes a village to raise a child”

Some clubs will fold...

- ✘ These will be the clubs who continue **to do things the way they have always done.**

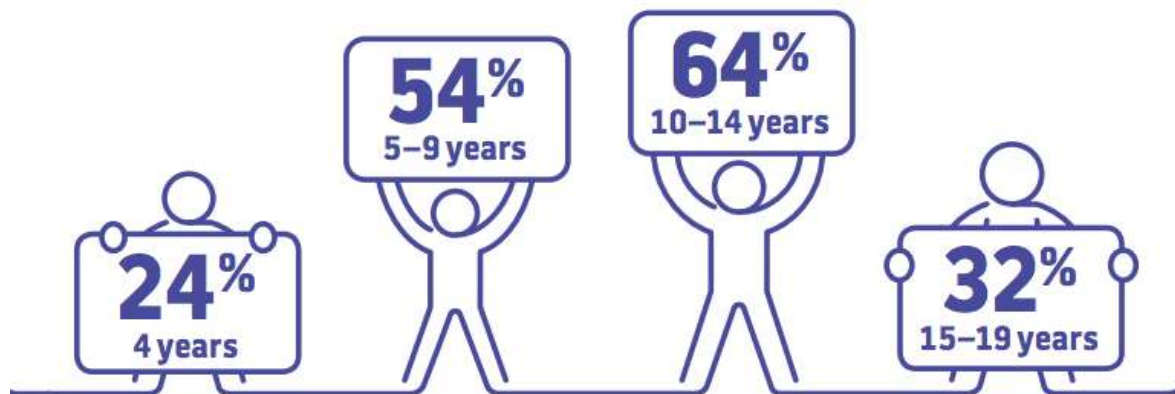


Others will thrive...

- ✔ These will be the clubs who see their role as **being communities of care and respect.**

SPORTING CLUBS PARTICIPATION

At 15 years of age over half the participants leave sporting clubs



PARTICIPATION RATES

WHY DO PEOPLE DROP OUT?

In terms of growing participation and retaining participants, community-level sporting clubs have struggled to maximise participant fun and enjoyment, by focusing on community sport as a talent pool for servicing the elite pathway, emphasising a focus on winning games.

This perspective corroborates other comprehensive reviews in which **a lack of participatory fun has been identified as a primary determinant of sport dropout.**

Understanding the impact of COVID-19 on youth sport in Australia and consequences for future participation and retention Sam Elliott^{1*}, M. J. Drummond¹, I. Prichard¹, R. Eime^{2,3}, C. Drummond¹ and R. Mason Flinders University Adelaide (SHAPE Research Centre)



People dropout of sport due to lack of participatory fun

SALT KNOW AND UNDERSTAND SPORTING CLUBS

In our first **10 years** we have delivered over **3,000 sessions** and positively impacted over **45,000 people**.

10 years experience

Over 3,000 sessions

700+ clubs

20+ sporting codes

Courses for 12 year olds up to parents and coaches

Face to face and online

Highly skilled team of facilitators



SALT JUNIOR COURSES

- Peer Group Pressure and Decision Making- Stand Your Ground (boys)
- Peer Group Pressure and Decision Making- Unstoppable (girls)
- Team First Leadership
- Healthy Masculinity
- Empowered
- Equality is the Game
- Wellbeing and Mental Health
- Drugs and Alcohol
- Positive Coaching
- Positive Parenting
- Wellbeing Managers' Course



SALT SENIOR COURSES

- Clubs with Heart (in club)
- Clubs with Heart (Webinar series)
- Wellbeing and Mental Health
- Club Wellbeing Team Training
- Drugs and Alcohol
- Equality is the Game
- Champions of Change – Creating a Level Playing Field for Women and Girls



CREATE A NEW E.R.A. IN YOUR CLUB

Sporting clubs need to undertake a 3-stage process to bring about sustainable change

STEP 1

E= Education

(we must firstly understand why something matters)

STEP 2

R= Responsibility

(Everybody in the club must accept responsibility when it comes to positive social change)

STEP 3

A= Accountability

(After being educated and accepting responsibility we can hold each other to account to the values and standards that the club expects)

THE SALT INTERACTIVE LIVE QUIZ ENABLES THE PRESENTER TO OBTAIN REAL TIME CONFIDENTIAL INFORMATION ABOUT HOW PEOPLE IN THE GROUP ARE FEELING AND WHAT THEY ARE REALLY THINKING. THIS OPENS UP ESSENTIAL CONVERSATIONS ABOUT THE GENUINE ISSUES AND CONCERNS INDIVIDUALS ARE FACING.



Before the session

If I had a mental health issue, I would...

A	Talk to a mate about it	15
B	Seek help from a specialist	4
C	Try to deal with it myself	25

After the session

If I had a mental health issue, I would...

A	Talk to a mate about it	24
B	Seek help from a specialist	10
C	Try to deal with it myself	7

Anxiety, Depression and Me...

A	I don't know anyone who has experienced a mental health issue (such as anxiety or depression)	1
B	Someone I know has experienced a mental health issue but I have not experienced a mental health issue	13
C	I have experienced a mental health issue myself in the past	11
D	I suspect I may have a mental health issue but am not sure	3
E	I am currently living with a mental health issue	3

This allows people to be vulnerable and changes the conversation from theory to reality – we are talking about them.



CLUB HEALTH CHECK RESULTS

QUESTION	AVERAGE	RANGE
1. People show care for each other both within the club and outside of it?	5.45	1 to 7
2. If someone has a mental health issue there are one or more people they know they can talk to?	5.75	1 to 7
3. Coaches are positive and encouraging?	6.44	4 to 7
4. The club is values driven and people are clearly aware of what those values are?	5.69	3 to 7
5. When new people arrive at the club it is explained to them what the values of the club are?	5.16	2 to 7
6. The club does not tolerate racism in any form?	6.62	4 to 7
7. The club is respected by opposition clubs for the fair way that we play the game/compete?	5.78	2 to 7
8. Our club has a positive reputation in the wider community	5.69	3 to 7
9. If someone is acting outside of the club values they will be held accountable?	5.23	2 to 7
10. Women are treated equally in every way at this club?	6.21	3 to 7
11. Women and children feel comfortable to be at club events?	6.16	1 to 7
12. Alcohol is used responsibly at club functions?	5.72	2 to 7
13. Illicit drugs are not tolerated at our club?	6.16	1 to 7
14. Gambling is not promoted as entertainment?	5.77	2 to 7
15. The club sets a healthy example for young players?	6.12	4 to 7
16. Volunteers and the wider community of the club are respected and cared for?	6.24	3 to 7

SALT'S EDUCATION CONTENT PARTNERS



Professor Rochelle Eime
Victoria University



Lawrie Woodman OA



Professor Patrick McGorry

MEET THE TEAM



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THE POWER OF STORIES

Stories are powerful connectors.

- They help people relate and recall.
- They create trust and understanding.
- All SALT sessions are built around great stories

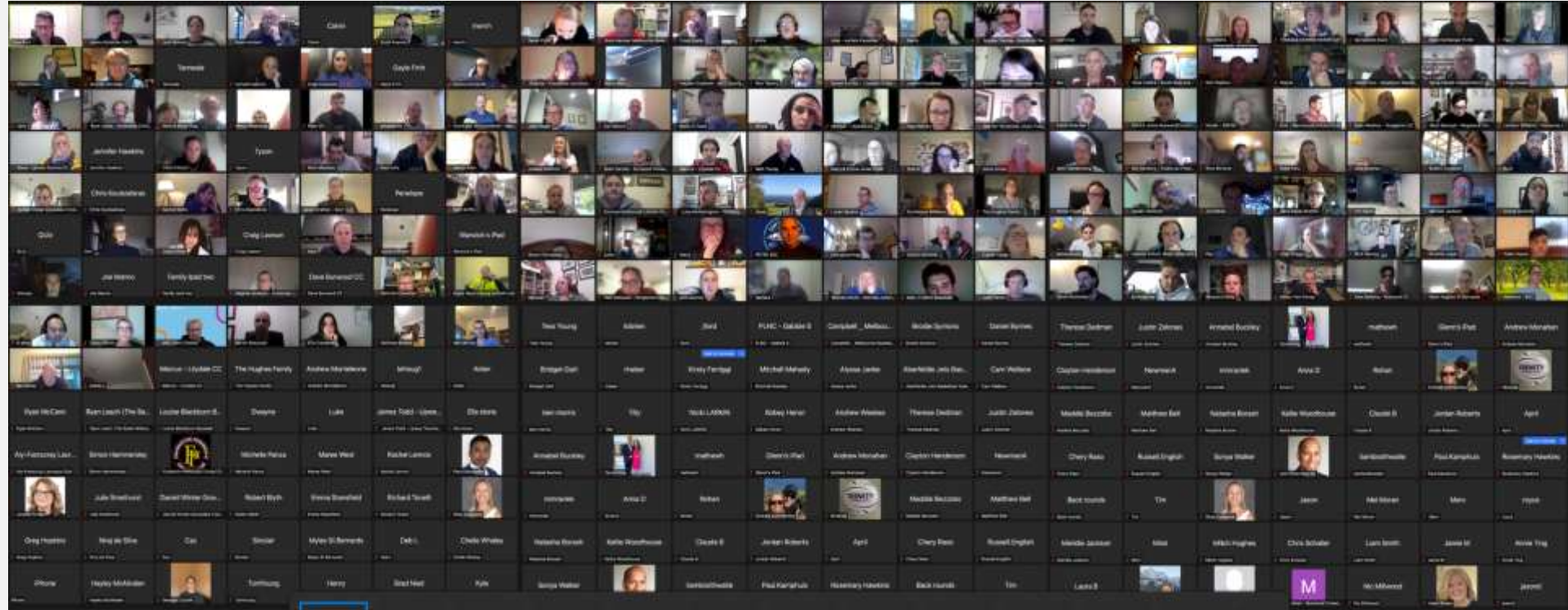


QUESTIONS THAT BRING OUT THE BEST

- What **kind of club** do you want to be?
- What **reputation** do you want?
- What **influence** will you have on the kids coming in?
- What **legacy** will you leave?
- What kind of **world** do you want to see for your kids and what **impact** will you have?



ALL SESSIONS ALSO AVAILABLE ONLINE

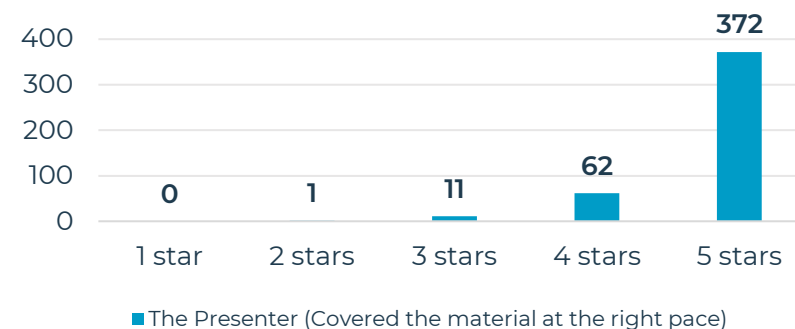


FEEDBACK ON OUR FACILITATORS

The Presenter Challenged me to make positive choices



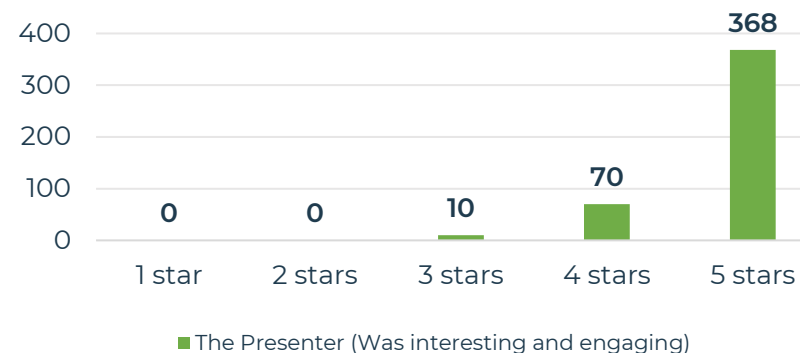
The Presenter Covered the material at the right pace



The Presenter Was knowledgeable on the subject



The Presenter Was interesting and engaging



TESTIMONIALS (JUST A FEW)



‘Enthralling, engaging and powerful’.

‘Last night was one of the best night I have ever attended’.

‘I was trembling it was so moving’.

‘I’m incredibly thankful for your genuine care and your ability to read the room to support with positive reinforcement was amazing’.

‘I was blown away. So awesome. Aimed perfectly and simply explained in a direct and no nonsense manner’.

‘I’ve just returned home from one of the best education sessions I’ve ever been to. I just can’t speak highly enough about how valuable the SALT sessions are’.

‘The young girls admitted they were apprehensive about the session, but Fiona made them feel super comfortable’.

‘SALT is the best approach I have seen in my time in football’.

‘An innate ability to engage the audience in a warm, compassionate and friendly manner’.

‘There were laughs, tears, sharing and a hell of a lot of caring in the room’.

‘Seeing [the presentation] live was great and the delivery was powerful, strong and also compassionate’.

‘I was blown away with the realisation of the true extent of how many of my mates were battling in life and not doing well at all’.

‘We had no idea how the girls were feeling, but now that we are aware of the issues, we can actively work on a plan for the club’.

‘I can happily say that was one of the most rewarding nights I’ve ever been involved in’.

‘To be honest I was really only coming along because (my wife) booked me in! But the importance of the discussion and the way it was presented was absolutely excellent’.

‘Directly after the presentation, there was a distinct change in the atmosphere of the club’.

‘Scott ran the evening in a very engaging way. His knowledge of football, netball and club culture enabled the group to connect with him very quickly. His unique style enabled a lot of openness in the group and for those that attended were able to witness many things about our colleagues that we were previously unaware of’.



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