

# FORERUNNERS

## WHAT IS IT?

Forerunners is Athletics Ireland's pathway to supporting and encouraging our next generation of leading ladies in their athletic endeavors. This 3- month programme has been designed to support, assist and facilitate in the fields of coaching, club development , communication and connectivity.

# FEMALE LEADERSHIP PROGRAMME

## WHAT WILL I LEARN?

Participants will have the opportunity to learn from expert and experienced leaders in their fields , to equip female club service officers and leaders in becoming more effective and efficient in their operations.

All participants will have the opportunity to attend three full days of workshops and three evening workshops. Participants will focus on a specific strand of personal development and can choose between three options.

You will gain expertise in the following:

- Coaching
- Club Development
- Communication and Connectivity

There are 30 places available, with 10 spaces for each individual strand. This programme will be supported by experienced female mentors who will encourage and promote learning both on and off the programme.

## WHEN IS IT ON?

Day 1: 30th of October 2021  
Day 2: 20th of November 2021  
Day 3: 4th & 5th of December 2021

## WHERE IS IT ON?

All three seminars will take place in the Sport Ireland Campus, Snugborough Road, Blanchardstown, Dublin 15 .

## HOW DO I QUALIFY?

If you are female, 18 years or older and interested in becoming an accomplished leader in your field , then this programme is for you.

Please fill out the attached expression of interest form and attach to [womeninsport@athleticsireland.ie](mailto:womeninsport@athleticsireland.ie)

