



# PRIOR APPROVAL REQUIRED-Coaching HER, Developing and Coaching Physically Active Girls Around the Globe

**Training courses for developing and coaching physically active girls around the globe built on evidence-based, rigorously tested modules to help coaches minimize gender inequality and to coach differently**

**IP Status:** Copyrighted

## Coaching HER Training Modules

Coaching HER tackles the most central, yet unaddressed, issue in youth sport which negatively impacts girls' performance, self-perceptions, sport choices and experiences: coaches' unconscious gender biases and stereotypes. How a girl feels about her coach is one of the most important factors determining whether or not she keeps playing sports. Coaches are powerful role models who can impact a girl's self-confidence. Yet they often lack the education and training needed to address gender identities, stereotypes and bias. The vision of these modules is to help more girls get and stay in sport through critical drop-out ages.

The Coaching HER training is currently composed of 6 training modules covering topics that include "Developing Girls in Sport," "Eliminating Barriers for Girls," and "Recognizing Girls' Identities". The trainings prepare coaches to minimize the harmful impact of stereotypes and bias on the girls they coach and are girl-focused, gender-responsive and recognize girls experience the world differently.

**While the Coaching HER training modules are publicly available on the Coaching HER website, a license is required for the development of organization-specific training materials or certificate courses that utilize content in the Coaching HER training modules.**

- [Visit the Coaching HER website](#)

## Phase of Development

Six modules are currently available as a complete training or for individual use within other trainings. Four more modules are currently under development.

## Press Releases

[Nike](#) Mar 15, 2023

## Researchers

- [Nicole LaVoi, PhD](#) Senior Lecturer, School of Kinesiology

## Technology ID

2023-198

## Category

All Technologies

Express License

Software & IT/Education &

Training

## View online page

