



# AFLW INDUCTION PROGRAM

## OVERVIEW

The AFLW Induction Program is a bespoke Industry micro-credential designed to educate new players coming into the AFLW system on how to optimally navigate and thrive in the AFLW environment.

The AFLW Induction Program is comprised of two core modules / workshops (Finance and Wellbeing) which are compulsory sessions, and elective sessions of the Club's choice.

Core sessions have the option to be delivered to players face to face or online at the facilitator and/or Club's request to allow for flexibility in availability and scheduling.

The elective session can be delivered at the Club's discretion by accessing the AFLPA Program Hub, completing the application form and working with your appointed Regional Manager.

## CORE PROGRAM OFFERING:

### FINANCE (AMP)

#### Overview

This session is designed and delivered by expert financial planners to inform the development of solid foundations around financial literacy, while embedding core financial behaviours to thrive in the AFLW environment and life. This program has been tailored for players within their first year in the industry.

#### Structure/Delivery:

- This session will be delivered online or in person by an AMP Finance professional (dependent upon Club preference and facilitator availability)
- This content will be delivered as a one off 45-minute session

#### Learning Outcomes

1. Players to develop an understanding of the fundamentals of financial management
2. Develop basic strategies to navigate their first year in the AFL system.

### WELLBEING (AFLPA)

#### Overview

This program is designed and delivered by AFLPA Psychologists to introduce AFLW players to some important themes around mental health and to initiate peer to peer conversations. Program material has been contextualised to meet the specific needs of female elite athletes entering the AFLW industry with a focus on the supports available to thrive in the AFLW environment and life.

#### Structure/Delivery

- This content will be delivered in person or online depending on Club preference and facilitator availability.
- This session will be delivered by AFLPA Psychologists or may upon request be co-facilitated by Club Psychologists (a "best fit" approach taking account of resourcing, delivery mode, date and time).
- This session will not be recorded due to privacy reasons.
- This content will be delivered as a one off 45-60 minute session



## Learning Outcomes

1. Explore some of the shared language in the mental health landscape
2. Conceptualize some of the signs and symptoms associated with some common mental health challenges (relevant to AFLW members)
3. Discuss some of the considerations that may impact how we initiate and respond to conversations around mental health and ill-health.
4. Promote support options available.

### \*Note:

- To optimize the delivery of core program content, for some sessions it may be the preference of facilitators that PDMs do not attend the session, and numbers may be limited to only first year players.
- If Clubs would like to deliver similar content to other members of the playing group, Clubs can discuss this directly via your appointed Regional Manager

## ELECTIVE PROGRAM

To access a centrally funded elective, all enrolled first year players will need to complete the two core modules of the AFLW induction program. Clubs will then need to complete the online application form provided below. Clubs will be able to access endorsed AFLPA programs available via the Program Hub on the AFL players website or put forward external evidence based programs that are viewed as meeting the outlined criteria of off-field development for endorsement and funding.

[IGC Funding Application](#)

[Players Program Hub](#)

Once the form has been completed, an IGC Approvals Committee will review all applications, and each Club's appointed regional manager will contact each Club regarding the status of their application.

## ADMINISTRATION

To access delivery of the core sessions please contact Jennifer Ashton [jashton@afplayers.com.au](mailto:jashton@afplayers.com.au) and for support in completing the elective session application form work with your Regional Manager

## MEASUREMENT

Both facilitators and your Regional Manager will work with you to ensure all sessions are assessed by participants after every session. This will allow us to grade the impact of sessions and work in real time with key stakeholders to make adjustments where required.