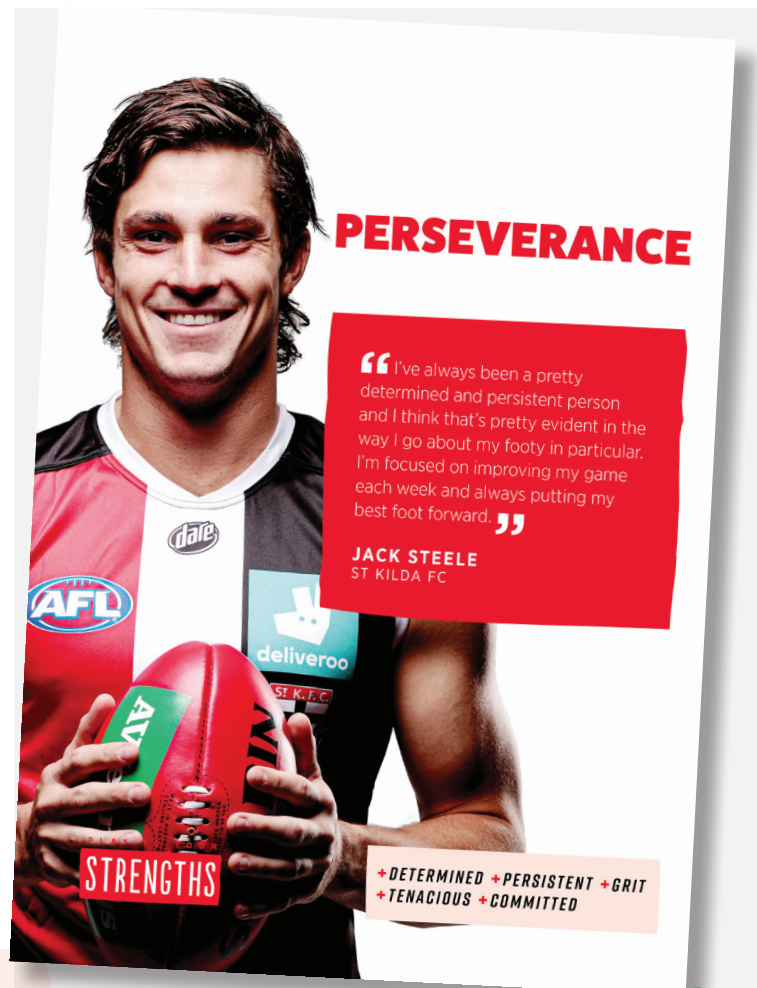


P L A Y T O Y O U R

STRENGTHS

What is Play To Your Strengths (PTYS)?

Using Saints players as inspiration, Play To Your Strengths (PTYS) introduces students to Values in Action (VIA) Character Strengths in a fun and engaging manner. Through interactive exercises, students learn about the 24 universal strengths, explore their top strengths and ways they can flex these in all aspects of life as well as gain an insight into the strengths of others. Knowing your character strengths isn't just interesting information. When skilfully applied, character strengths can have a significant positive impact on your life.



How it works?

Primary School
(Grade 3 – 6)

Secondary School
(Grade 7 – 12)

Sports Club Sessions
(U10s Senior)

- + 60-minute session for students/players
- + Sessions to be adapted to meet the needs of the school/club when required
- + Program can be run in large groups or class sizes (recommended)
- + Trained Saints staff including AFLW, VWFL and VBFL players to deliver as many sessions as needed over a day or multiple days
- + Develop key skills, in leadership, teamwork, engagement, self-esteem and improve overall wellbeing

Resources:

- + Play To Your Strengths booklet
- + Class activities (Saints stress footy)
- + AFL and AFLW Player Strength Profiles



Positive Outcomes:

- + Strengthen relationships
- + Boost confidence
- + Achieve goals
- + Build resilience
- + Be happier
- + Enhance health & wellbeing



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