



# The Evolve Academy



## *She Belongs*

# Empowering Women for Board Leadership in Sport

This program aims to equip women with the skills, confidence, and network to take on board-level roles in sporting industries. By focusing on key areas like time management, boundaries, community engagement, partnerships, communication, and feedback, the program fosters the practical and interpersonal tools needed for success.



FUTURE OF SPORT



## ABOUT THE PROGRAM

Step into your power and make a difference in the world of sport governance with She Belongs, a transformative two-day workshop designed to equip women with the tools, confidence, and connections to excel on boards in the sporting industry. This program dives deep into essential skills like time management, setting boundaries, community engagement, building strategic partnerships, and mastering effective communication and feedback. Whether you're already serving on a board or aspiring to make your mark, She Belongs will inspire you to lead with purpose and authenticity, surrounded by like-minded women ready to drive change. The future of sport governance needs your voice—because She Belongs.



## TARGET AUDIENCE

Women aspiring to or already in board-level positions in sporting organisations

Open to women aged 18-65, this two day experience invites those who are eager to share, explore, and contribute to meaningful discussions. Together, we'll uncover your intrinsic motivation, build confidence, and develop essential leadership skills to embed in your leadership role on the board.

Join us to invest in your growth, commit to learning, and become a changemaker in the world of sport knowing your belong and how to have your voice heard.

# Program Structure

## 2025 SCHEDULE



ALL APPLICANTS WILL HAVE THE CAPACITY TO COMMIT AND ATTEND ALL SESSIONS AND EXPLORE MORE OF THE WORKBOOK FOR DEEPER LEARNING FOR THE DURATION OF THE PROGRAM.



### DAY 1

- Why She Belongs
- Identifying personal strengths and leadership aspirations
- Prioritisation and delegation
- Importance of boundaries in leadership roles
- Building trust with the community
- Reflective journaling.



### DAY 3

- Identifying and leveraging strategic partnerships
- Effective communication styles for boardrooms
- Giving and receiving constructive feedback
- Aligning personal and professional goals with board leadership
- Celebration and certificate distribution.



### DAY 2

- Online learning module
- Partnerships



### DAY 4

- Virtual learning module
- Review and wrap up

## THE EVOLVE *format*

GUEST SPEAKERS



EVOLVE COMMUNITY HUB



COACHING SUPPORT



INTERACTIVE WORKBOOK



COMMUNITY ENGAGEMENT





## HELPING *associations*

- ➔ Increased engagement and commitment, more invested in their own development
- ➔ Improved retention, feeling supported
- ➔ Improved productivity, realising their potential through strengths-based learning
- ➔ Improved gender equality, women will be proactive in their contribution
- ➔ A positive workplace culture that demonstrates investment in staff in both their professional and personal lives
- ➔ Industry connections and building communities of women with connectedness for future insights and growth

# outcomes SUSTAINABLE RESULTS

**100%**

of participants would recommend the Evolve Program to others

**100%**

of participants are feeling more confident with their personal development needs

**98%**

of participants have reached their learning objectives whilst on the program

**94%**

of participants are more willing to share their ideas

**83%**

of participants now understand their why more clearly

**83%**

of participants feel more confident knowing how to set and achieve goals

**83%**

of participants have a clearer understanding of their personal brand

**83%**

of participants have stronger professional relationships

**83%**

of participants are more assertive and effective in their communication

## ABOUT THE *facilitators*

of participants felt the trainer acted in a professional way, displayed passion and commitment, encouraged participation and interaction, brought knowledge and experience to the program

of participants felt the trainer stretched or challenged them to achieve their learning objectives

# INNOVATIVE PROGRAM STRUCTURE



## **Action Packed workshops**

Interactive delivery, which incorporates presenting content, break out group sessions, individual exercises, open forums and practice sessions. This program works best as a self-nominated registration process.



## **Extensive Workbook**

Comprehensive workbook consisting of self-development exercises, examples, and statistics to self-navigate throughout the workshops and between sessions for ongoing future development. Additional time between workshops is recommended for maximum benefit.



## **Inspiring Role Models**

We will share diverse guest speaker pre-recorded conversations over the series, sharing women's real-life stories stories. Speakers from within or external to your industry who will inspire, sharing their challenges and triumphs.



## **Evolve Community Hub**

Participants have continued access to a group collaborative forum during and after the program as part of the knowledge sharing in the Evolve Community Hub. Participants can contribute to the shared learning and enjoy valuable resources to open their minds to continued growth.



## **Coaching Support Groups**

Delegates will be matched to coaching support groups to connect every 4 weeks for one hour in addition to our workshops. This will provide support and encouragement between workshops, working though development, fostering an open mindset and gaining growth towards their goals set during the program.

# WHAT WOMEN SAY ABOUT *evolve programs*

- “ I am a more effective communicator and I have a more positive mindset, this program has reignited my passion for my career. Deb is extremely engaging and my mind never wandered off during the program. She is such an inspiration and has a natural ability to connect to people.  
**Natalie, Penrith City Council, 2023**
- “ By voicing my career aspirations I have been given a temporary assignment in the role I identified as my next step in achieving my career goal. I am a more confident and assertive employee who is more empowered to step up and try new and challenging opportunities.  
**Jalena, Office of Environment and Climate Change 2023**
- “ Discussing issues with the other participants and getting ideas on how to approach things you may be dealing with or getting tips on what has worked for them particularly via my coaching group was really beneficial. Learning new tools to help you further develop your career or even apply them in your personal life.  
**Susan, Australian Prudential Regulatory Authority 2022**
- “ I am a stronger employee who can have confidence to achieve more. I can share my knowledge with my team. Each of the guest speakers were inspiring in different ways and I had a take away from each one of them. Deb knows the subject matter very well. She is inspirational & delivered the content in a fun matter.  
**Melinda, Sutherland Shire Council 2023**
- “ Improved my confidence in my unique brand. I'm ready to take on new challenges and more confident to take on leadership opportunities. Deb was excellent at communicating to the group. Super engaging, never a dull moment.  
**Jasmine, ARC Inland Rail 2023**



# ABOUT *Deb Elliott*

## **Deb Elliott - Founder, Future of Sport**

### **Women's Empowerment Leadership Coach in Sport**

Deb is a recognised leadership expert and women's empowerment coach with over a decade of experience designing and delivering transformative leadership programs.

With a strong foundation in Positive Psychology & Wellbeing (Diploma), DiSC Accreditation, CliftonStrengths Coach, and a Cert IV in Training and Development, she combines evidence-based approaches with creative strategies to drive personal and professional growth towards strength-based learning.

A lifelong player of multiple sports herself, Deb has spent over 10 years supporting her children in representative sports, giving her a deep understanding of the challenges and opportunities people face both on and off the field. She serves as a Board Member for Manly United Football Club, where she has successfully created, designed, and facilitated leadership programs for women and coaches in sport, empowering participants to build confidence, resilience, and leadership capabilities.

Known for her neurodivergent creativity, Deb thrives on bringing engaging, interactive, and inclusive programs to life, designed to resonate with diverse audiences. Her unique perspective and holistic approach to leadership ensure that every individual feels seen, heard, and inspired to step into their full potential.

With a passion for empowering women and a proven track record in leadership development, Deb is a trusted voice in creating lasting impact for individuals, teams, and organisations.



*Deb is extremely engaging and brings great energy and positivity to everything she does. The group activities were very well set up and Deb ensured high levels of participation.*

*Deb was the perfect balance between opening the floor for open discussions and sharing her own life experiences. Deb created a safe space and did an excellent job of drawing out the 'real' message when we have difficulty conveying the message clearly.*



For any further questions or information please feel free to reach out.  
We pride ourselves on giving you a full comprehensive guide on the program before you decide  
if it's the right investment for developing women of your organisation.



**My mission in life is not merely to survive, but to thrive:  
and to do so with some passion, some compassion, some  
humour and some style.**

*-maya angelou*

Ready to empower and uplift the  
women in your organisation?

Let's team up to create a resilient workforce that not only excels  
professionally but thrives personally, enabling them to bring their best  
selves to every aspect of life.

**The Evolve Academy is a registered supplier on the  
NSW Buy Supplier Hub for small business.**

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**Or come join our socials:**

