

We Play Too

**Women
and Girls
in Sports
Leadership
Conference**

**May 2
1 - 3 pm**





Event Description

The **We Play Too** conference focuses on the positive influence sports has on girls' and womens' lives by driving home the message of playing to your strengths both on and off the field, resiliency in the face of adversity and gaining leadership skills throughout the journey. The goal of the conference is to give each participant empowering tools to take back with them to their field of play and in their everyday lives. The conference will feature three sessions with knowledgeable leaders speaking on various aspects of sport. These interactive sessions will focus on the tools needed for success to develop the female leaders of tomorrow.

This event will provide participants with a chance to learn from industry leaders and gain new knowledge and understanding in the area of sport. Participants will learn how to inspire themselves and those around them, and leave equipped with the resources that will help them in their journeys as athletes and beyond.

Not Just an Athlete: Changing the Narrative



Natasha Bussoli

Co-Founder

Lead Thru Sport

Natasha Bussoli has devoted the past 12 years of her life to working with young females and advocates for sport. As a former varsity athlete, she continues to participate in sport through coaching, officiating, administration and sports programming.

Natasha is the co-founder of Lead Thru Sport, a not-for-profit organization that provides females with meaningful and empowering learning experiences. She works to design programs for females, delivered by females that focus on building confidence, resiliency, leadership skills, and healthy female relationships.

She also mentors youth through work experience programs aimed at identifying passion and potential early on in life. Natasha hopes to build a culture of strong female leaders that continue to defy odds and break barriers.



Guided Questions from Natasha:

1. What roles or identities do you see yourself in other than “just an athlete” when you play a sport?

2. How has the pandemic made you rethink your role as an athlete?

3. What are examples you have seen or experienced (ads, social media, phrases, etc.) that perpetuate the idea of an athlete being the only role to identify with when playing a sport?

Take away points from this session:

More than Movement



Vanessa Treasure

Lead Coach

Fitness and Performance - University of Toronto

My passion for physical activity blossomed from a 15-year athletic career in competitive swimming. From competing locally in my hometown of Mississauga, Ontario, to representing Canada on the international stage, I loved every second of the journey. Through my involvement in sport, I learned the true meaning of sacrifice, determination, and perseverance. These skills have been applicable in my life in so many more ways than athletic performance.

I completed a degree in Kinesiology at the University of Toronto while also being a member of the Varsity Blues swim team. The most profound thing I took away from my University career was the incredible impact that physical activity can have on every aspect of my life. Testing my body in the pool taught me who I am as a person, shaped my confidence, introduced me to an amazing social circle, taught me to take care of my teammates and worked wonders on my mental health.

I have experienced the life changing benefits of physical activity from the lens of an athlete, a coach at F45 Training and now, as the Lead Coach of Fitness and Performance at the University of Toronto. I work in the fitness industry, but I stand firm that my true role is to use physical activity to change lives and that is my daily motivation.



Guided Questions from Vanessa:

1. When you aren't sure what to do, just get moving. It doesn't have to be complicated, you just have to start. What's one way you can add more movement to your day?

2. Whatever you do, ask yourself, "Why" three times. Your third answer is your true motivation. What's your why? Write it down!

3. Motivation is what gets you started, discipline is what gets you to the finish line. What are you willing to do to get to where you want to go?

Take away points from this session:

Leadership through Sports: Overcoming Adversity



Lee Anna Osei

Head Coach

Women's Basketball – St. Francis Xavier

Lee Anna Osei is a Ghanaian-Canadian university varsity athletic basketball coach and educator at St. Francis Xavier University (StFX). Born and raised in the Jane and Finch area of Toronto, Ontario, 'Coach Lee' credits basketball as the vehicle that inspired her towards educational pursuits as a first-generation Canadian citizen. Lee Anna completed her degree at Wilfrid Laurier University, where she finished her career as a three-time Academic All Canadian, an Ontario University All-Star, and the recipient of the prestigious Outstanding Woman of Laurier Award in 2015.

In 2012, Lee Anna founded Canletes Basketball, a non-profit organization that provides recruitment consulting, sport marketing services, and sport showcase events in Ontario for the advancement and retention of girls and women in Canadian sport, and particularly women from marginalized backgrounds.

Following first and second-hand experiences with systemic barriers and racial discrimination as a player turned coach, Lee Anna founded The Black Canadian Coaches Association (BCCA), a not-for-profit organization devoted to connecting, celebrating and advocating for racial equity within the Canadian sports sector.



Guided Questions from Lee Anna:

1. What is your mental anchor when faced with challenging situations on or off the field of play?

2. Who is in your “circle”? What values would people exhibit or represent?

3. Successful people have a growth mindset. What are some specific growth areas that you would like to develop?

Take away points from this session:

NATIONAL YOUTH WEEK

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May 1 - 7
Registration required.

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