

Female Soccer Empowerment

## **CONFERENCE PROGRAM**

	Wednesday 4. December	Day of Arrival	
Day 1	Thursday 5. December	10:00 - 11:30	Welcome & Getting-to-know
		11:45 - 12:45	Meeting Mentoring-Partner
		14:00 - 16:00	Mentees Activity: Achieving Goals using SMART-Method Mentors Activity: Being a good mentor
Day 2	Friday 6. December	10:00 - 12:00	Workshop: Mindfulness and Stress Reduction By Sara Penzar (Rheinflanke e.V)
		12:30 - 14:00	Workshop: Guerreiras By Caitlin Davis Fisher (Player's Union, Guerreiras Project)
		14:30 - 16:00	Project Presentation and Mentoring Program
Day 3	Saturday 7. December	09:30 - 11:00	Workshop: Football Herstory By Pia Mann, Cordula Gdaniec, Friederike Möller-Behring (DISCOVER FOOTBALL)
		11:15 - 12:15	Project Presentation (2)
		12:30 - 14:00	Workshop: Giving the Women's Game a Boost By Dr. Carolin Braun (Football expert of DOSB)
		14:30 - 16:00	Mentoring Program
		16:30 - 18:00	Training with professional football coach By Caroline Kunschke (Magdeburg FFC)
Day 4	Sunday 8. December	12:00 - 18:00	Soccer Tournament
	Monday 9. December	Day of Departure	

This conference is funded by:

\*



Federal Ministry of the Interior, Building and Community