

## Pacific Women's Leadership Program



*Mel Jones with participants from the Women's Media Training*

### **What was it?**

An opportunity to celebrate and empower female athletes across the EAP region, focused on upskilling female athletes, commentators and coaches on leadership, women's health, and media skills to be applied both on and off the field.

### **Who is it for?**

Hosted on the sidelines of the ICC Women's T20 World Cup East Asia Pacific Qualifier, the Pacific Women's Leadership Program was open to all squads at the ICC Women's EAP Qualifier in Vanuatu (Cook Islands, Fiji, Indonesia, Japan, PNG, Samoa, Vanuatu)

### **What was on the agenda?**

- Women's health
- Leadership in sport
- Media training
- Commentator's training

The Leadership Program focused on three core groups:

1. Athletes (leading female cricketers from seven competing nations)
  - a. Women's Leadership - empower our female athletes with the intention of enhancing their leadership skills both on and off the field
  - b. Women's Health
  - c. Media Training
2. Commentators
  - a. Media Training
  - b. On the job commentary mentoring
3. Coaches (run and funded separately to PacificAus Sports)
  - a. ICC Level 2 Coaching clinic
  - b. Level 1 course lead by 2x female tutors (from PNG and Indonesia)

### **When and where was it?**

31 August – 8 September 2023, Port Vila, Vanuatu



*Participants of the Women's Leadership Program*

### **Facilitators**

- **Mel Jones** (former Australian cricketer and Fox Sports commentator)
  - (Funded by PacificAus Sports)
- **Cathryn Fitzpatrick** (former Australian player and ICC Hall of Famer)
  - (Part-funded by PacificAus Sports)
- **Julia Price** (former Australian player)
  - (Part-funded by PacificAus Sports)
- **Jess Davidson** (NZC Head of Female Engagement)
  - (Funded by ICC)
- **Tom Evans** (Cricket Victoria Emerging Player Program Performance Manager)
  - (Funded by ICC)
- **Toby Doyle** (NZC Regional Coach Development Manager)
  - (Funded by ICC)

## Session Breakdown

Session Title	Content	Participants
<b>Women's Health Session</b> Facilitators: - Jess Davidson	<ul style="list-style-type: none"> <li>• Physiological Development</li> <li>• The menstrual cycle               <ul style="list-style-type: none"> <li>• Effects on training and performance</li> <li>• As a measure of health</li> <li>• Current recommendations</li> </ul> </li> <li>• Low Energy Availability               <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Recovery</li> </ul> </li> <li>• Relative Energy Deficiency in Sport</li> </ul>	<b>107 females</b> - 98x athletes - 9x support staff <b>Breakdown</b> <b>Cook Islands:</b> - 14x athletes - 1x support staff <b>Fiji:</b> - 14x athletes - 1x support staff <b>PNG:</b> - 14x athletes - 2x support staff <b>Samoa:</b> - 14x athletes - 2x support staff <b>Vanuatu:</b> - 14x athletes - 1x support staff <b>Indonesia:</b> - 14x athletes - 1x support staff <b>Japan:</b> - 14x athletes - 1x support staff
<b>Women's Leadership Program</b> Facilitators: - Cathryn Fitzpatrick - Julia Price - Jess Davidson - Tom Evans - Toby Doyle	Teams were broken into three groups, each spending 40 minutes on the following topics: <b>1. Mental Skills – Above the Shoulders</b> <ul style="list-style-type: none"> <li>- Being Present</li> <li>- Self Talk</li> <li>- Emotions</li> <li>- Reflection</li> </ul> <b>2. Teamwork – Activity based</b> <ul style="list-style-type: none"> <li>- Fun outdoor activities to get the teams working together</li> </ul> <b>3. Leading without a title</b> <ul style="list-style-type: none"> <li>- What does it mean to be a leader and how can I demonstrate leadership in my team.</li> </ul>	<b>24 females, 1 male</b> - 20x athletes - 1x support staff - 4x commentators <b>Breakdown</b> <b>Cook Islands:</b> - 2x athletes - 1x support staff <b>Fiji:</b> - 2x athletes <b>PNG:</b> - 4x athletes <b>Samoa:</b> - 3x athletes <b>Vanuatu:</b> - 2x athletes <b>Indonesia:</b> - 3x athletes <b>Japan:</b> - 2x athletes <b>Commentators</b> - 3x female - 1x male
<b>Women's Media Training</b> Facilitators: - Mel Jones - Julia Price	Mel Jones lead a media masterclass with the intention of equipping our female leaders with the skills to navigate media interviews, grow in confidence in front of the camera, and share the best stories of themselves and their teams.  Focusing on the leadership group of each team, participants were put through a facilitated workshop, combined with practical implementation of their skills throughout the tournament (e.g., coin toss, player of the match presentations, special comments on commentary, etc.).	<b>24 females, 1 male</b> - 20x athletes - 1x support staff - 4x commentators <b>Breakdown</b> <b>Cook Islands:</b> - 2x athletes - 1x support staff <b>Fiji:</b> - 2x athletes <b>PNG:</b> - 4x athletes <b>Samoa:</b> - 3x athletes <b>Vanuatu:</b> - 2x athletes <b>Indonesia:</b> - 3x athletes <b>Japan:</b> - 2x athletes <b>Commentators</b> - 3x female - 1x male

<b>Closing Function</b>	<p>Opportunity to celebrate the success of the Pacific Women’s Leadership Program, and the ICC Women’s T20 World Cup EAP Qualifier.</p> <p>Hosted by Mel Jones, the Closing Function of the event allowed all teams to mingle in a relaxed environment, celebrate both team and individual performances over the week, and solidify friendships made in Vanuatu.</p> <p>Mike Masauvakalo, Senior Policy and Program Manager from the Australian High Commission spoke at the event, on behalf of Australia's High Commissioner to the Republic of Vanuatu, Ms Heidi Bootle, who was unable to attend the event</p>	<b>All participants</b>
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### Media Engagement

- [Cricket.com.au Media Release](#)
- [Mel Jones Instagram post](#)
- [Minister for International Development & the Pacific, Pat Conroy tweet](#)
- [Australia High Commission in Port Vila tweet](#)
- [ICC Pre-Event Media Release](#)
- [ICC Post-Event Media Release](#)
- [Vanuatu Cricket Association Media Release](#)
- [Photos from the Women’s Leadership Day](#)
- [Photos from the Media Training Day](#)

### Testimonials

"It helped me a lot. I usually get nervous, but (now) I feel calm and I’m trying to be the best example I can for my team. The leadership (training was helpful because) I think, for me, sometimes it's a bit hard to lead the girls - they're all my friends and we're all the same age. I wrote 'stay positive' because that's one of the things, I get really nervous out there, especially when I'm batting. I've also learned to be 'where my feet are', stay in the present and I think that helped me a lot."

- *Selina Solman, Vanuatu, via cricket.com.au*

"I thoroughly enjoyed the workshop! It taught me how to better prepare physically and mentally, but more importantly ways to empower each other as athletes"

- *Tuaoloa Helen Semau, Samoa*

"All players expressed a massive thank you that the workshop was very very useful to them. I have never had anything like this before"

- *Vicky Mansale, Vanuatu*

"It was made more enjoyable being able to participate in different sessions with other teams"

- *Anonymous*

“The ICC Leadership Program was an important and vital experience for all the girls involved. We took back crucial advice about how to improve as a team as well as individually improving on and off the field”

- *Elena Megumi Kusuda-Nairn, Japan*

"It has changed and taught me a lot. I've seen how putting my focus back to my feet is important. I'll continue to use it more on my cricket games. I get very stressed before and during games, but this session taught me how to adapt and best prepare”

- *Valenta Langiatu, Vanuatu*

“The sessions were very useful as I learnt about the need to adjust yourself to the game and live in the present - not the past or the future”

- *Karalaini Vakuruivalu, Fiji*

“I learnt about how important communication is on the field, and the importance of teamwork and leadership in a group environment”

- *Ana Gonerara, Fiji*



*Melissa Fare, Selina Solman, and Mel Jones*





*Melissa Fare and Laura Jolly in action*