

Sport Coaching For Mental Well-being

Dear Members, Friends and Partners,

You are invited to join us for our next online event titled "Sport Coaching for Mental Well-being".

Date: 5th of August 2021, 2pm - 4pm CEST

The event consists of two parts:

Part 1 from 2pm – 3pm CEST

Findings from a Systematic Literature Review

In the first hour, Rachel May who coordinates the project on behalf of ENGSO, will introduce the Erasmus+ funded **SPIRIT** project. After that, Clemens Ley (University of Vienna) will share findings from a systematic literature review, which he conducted together with Maria Rato as part of the **SPIRIT** project.

Part 2 from 3:15pm – 4pm CEST

How to conduct a Systematic Literature Review - Methodology Step by Step

In the second hour of the event, Clemens Ley will guide students, young professionals and other stakeholders through the methodology of conducting a systematic literature review.

More Information on the SPIRIT project:

SPIRIT stands for **S**port and **P**sycho-social **I**nitiative for **I**nclusive **T**raining. The project aims at making sports clubs more accessible by developing a framework for humane, inclusive and empowering coaching that nurtures good mental health.

To register for the free event, please follow this link: <https://forms.gle/uhgedh1f934EmeSh7>

Further event details will be sent closer to the date to the registered email address.

We hope to see you there!

Kind regards,

Your ICSSPE Team