

Olympic Sportswomen firing up Teen Girls

Workshop Connects 60 Teen Girls with Queensland's Top Sports Women



Jindalee, Sep 16, 2018 (Issuewire.com) - According to the [Black Dog Institute research report into mental health in young people](#), just under one in four young people reported meeting the criteria for having a probable mental illness. The report also found that females were around twice as likely as males to meet the criteria for having a probable serious mental illness.

Encouragingly, research from the [Association for Youth People's Health](#) has found strong links between physical activity and a wide range of psychological benefits for young people. Exercise has been associated with better self-rated health and higher life satisfaction in adolescents, particularly in relation to self-concept, self-esteem, and social competence. Participation, particularly in organized and team sports, may help young adolescents gain confidence and acquire social skills potentially promoting resilience.

[FUEL Girl Shaped Flames](#), a new social enterprise in Brisbane that connects teen girls with Extraordinary Women across all industries, recognizes the critical role sport and physical activity plays in balancing the minds of young girls, and as such has put together an all-day sports workshop featuring 8 of Brisbane's most prominent sporting stars including Olympic Gold Medal swimmer Bronte Campbell OAM, triple Olympic water polo player Bronwen Knox, QLD Firebirds Goal Defender Tara Hinchliffe, and Lucy Green, principal dancer at the Queensland Ballet.

60 Secondary school girls will have the opportunity to get up close and personal with the Extraordinary Sportswomen to ask them their burning questions and hear their personal stories regarding their lives both in and out of the sporting arena.

"Involvement in sport has taught me so many life lessons, including determination, resilience and the importance of challenging yourself," said Olympic Gold Medallist swimmer Bronte Campbell. "I am excited to share my experiences with the girls at the FUEL sports workshop."

FUEL founder and company director Tanya Meessmann agrees "During the past 12 months we've seen first hand the positive influence connecting over 1200 teen girls with 40 women in industries has had on their motivation, focus, and commitment to reaching their potential."

The sports stars and mentors in attendance are: **Bronte Campbell**, Olympic Gold Medalist Swimmer; **Bronwen Knox**, triple Olympic water polo player; **Sabrina Frederick-Traub**, Brisbane Lions player (WAFL); **Lucy Green**, principal dancer at the Queensland Ballet; **Tara Hinchliffe**, member of the Queensland Firebirds (netball); **Tiernan Gamble**, trainer for the Lady Lions and Firebirds; **Georgia Godwin**, Commonwealth Games silver and bronze medallist gymnast; **Jenna Forrester**, 15 yr old member of Jnr Australian Swimming Team.

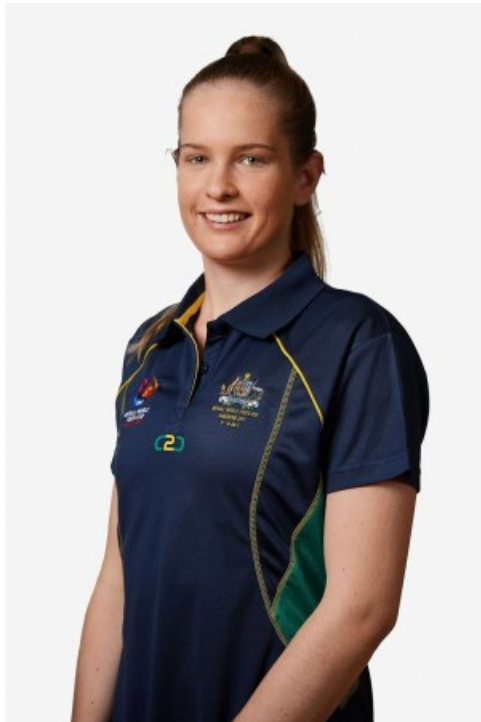
Event Date: Sunday 23rd September

Event Time: 9:30am – 3:30pm

Event Location: Lvl 2, The Precinct, 315 Brunswick St (Mall), Fortitude Valley

Event website: <https://asportslifebris.girlshapedflames.com>

CONTACT DETAILS: Tanya Meessmann | tanya@girlshapedflames.com | 0457438805 | Website: girlshapedflames.com



Media Contact

FUEL | Girl Shaped Flames

tanya@girlshapedflames.com

+61457438805

PO Box 36

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