

**WESTERN
BULLDOGS**



PLAY ON Webinar Series



Mental Fitness

Apr 30, 2020 07:00 PM

https://zoom.us/webinar/register/WN_nDD2fssmQ4iUmlAgACvXZQ

The FREE webinar topic will focus on how to keep mentally fit. Western Bulldogs Club Psychologist Lisa Stevens, joins the Western Bulldogs Community Foundation General Manager Kashif Bouns, to talk about how she works with our players to support them to be resilient and positive through tough times.

Keep Moving

May 5, 2020 04:00 PM

https://zoom.us/webinar/register/WN_1EFlqUs2Rx-NXRLEQQbyxw

This FREE webinar will feature Western Bulldogs Medical Services Manager and Head Physiotherapist, Chris Bell. Chris joins the Western Bulldogs Community Foundation General Manager Kashif Bouns, to talk about how we can stay active. Chris will also give us some tips on things to watch out for, and how to avoid falling into the trap of poor posture when working or studying from home.

Opportunities in Isolation

May 7, 2020 07:00 PM

https://zoom.us/webinar/register/WN_grjckPxTRO2rryO1iwPEOw

This FREE webinar in the Play On series. This webinar features exciting guest in the one and only, Meshel Laurie. Meshel, joins the Western Bulldogs Community Foundation General Manager Kashif Bouns, to offer her insights into how we can make the most of this challenging time by looking at the opportunities it presents.

Inclusive Leadership, A Bulldogs Case Study

May 12, 2020 04:00 PM

https://zoom.us/webinar/register/WN_jDHJUmlRqaxj77C-18yww

This FREE webinar will feature the Western Bulldogs Football Club CEO, Ameet Bains. Ameet joins the Western Bulldogs Community Foundation General Manager Kashif Bouns, to talk about how he leads the Western Bulldogs Football Club through an inclusive lens.