



live life whole[®]

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Creating a generation of inspired & educated
females who will prioritise their health & wellbeing



The *whole* female

A Physiological & Psychological approach to
health & wellbeing for those supporting our
young females in sport.

The *Why*



A female's self confidence starts to drop at 8 and doesn't rise again until age 60

The alarming statistics

1 in 3

young females drop out
of sport due to body
insecurities

45%

of female athletes
struggle with underfueling

15

is the peak age young
females drop out of
sport in Australia

Rewriting the *story*

What do you see?



The *Who*



Cara
CARA KOEHAN
AUSTRALIAN DIAMONDS
NETBALLER / FACILITATOR



Sarah
SARAH ROWE
COLLINGWOOD AFLW, GAELIC
FOOTBALL, MELBOURNE
VICTORY A-LEAGUE



Kate
KATE EDDY
MELBOURNE VIXENS
NETBALLER / FACILITATOR



Mariafe
MARIAFE ARTACHO DEL
SOLAR
AUSTRALIAN BEACH
VOLLEYBALLER



Madison
MADISON BROWNE
FORMER AUSTRALIAN
DIAMONDS NETBALL CAPTAIN
& FOX NETBALL
COMMENTATOR



Caitlyn
CAITLYN MACKENZIE
CLINICAL PSYCHOLOGIST



Alice
ALICE BLEATHMAN
ACCREDITED PRACTISING
DIETITIAN



Jess
JESS ROTHWELL
ADVANCED SPORTS
DIETITIAN



Elise
ELISE BEN
ACCREDITED PRACTISING
DIETITIAN



Melissa
MELISSA DANIELL
DERMATOLOGY NURSE
PRACTITIONER



Dora
DORA PANDELOGLU
PELVIC HEALTH
PHYSIOTHERAPIST



Amber
DR AMBER KENNEDY
GYNAECOLOGIST &
OBSTETRICIAN



David
DR DAVID CUNNINGTON
SPECIALIST SLEEP
PHYSICIAN



Barbara
DR BARBARA JAKOVIDIS
GENERAL PRACTITIONER



Izzy
DR IZZY SMITH
ENDOCRINOLOGIST



Zali
DR ZALI YAGER
BODY IMAGE EXPERT &
RESEARCHER



Hannah
HANNAH DOWER
EXERCISE PHYSIOLOGIST



Kylie
KYLIE HETHERINGTON
HEAD OF EDUCATION



Kellie
KELLIE BARKER
QUEENSLAND ADVISOR



Laura
LAURA LANE
TASMANIA ADVISOR



Natasha
NATASHA CARAS
LEARNING & CURRICULUM



live life whole

&

the

community
behind our
mission

The *How*

Our Impact

15K

exposed to The Live Life
Whole Project

82%

Girls have made a positive
change to their wellbeing
after their learnings

9 OUT OF **10**

Girls are now more
confident to speak up &
seek help earlier with
Female Health concerns,
Stress & anxiety & Body
Image



Workplaces



Schools



Online



Clubs & communities



Women & girls *in sport*

Relationship with food and
body image in sport

The menstrual cycle - An
individualised approach

Stress and mental load

Their Environments



School



Social



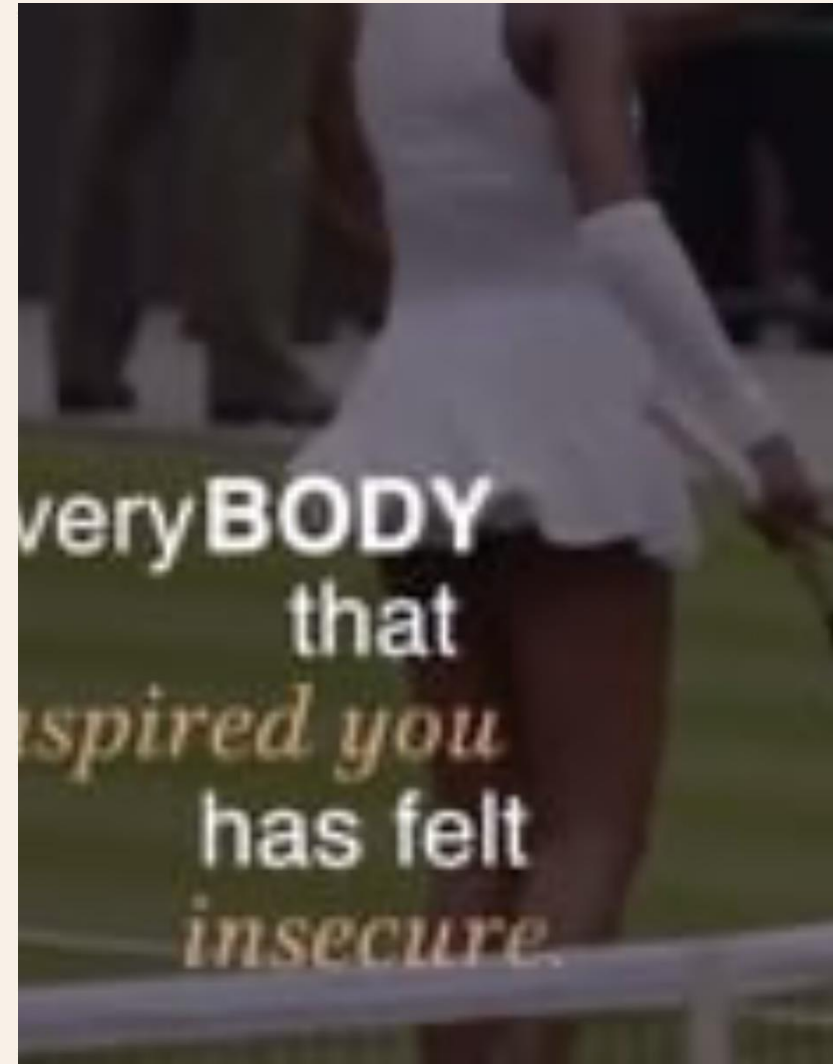
Sport



What they have
access to

Physiology

It's NOT about
how you look it's
about
how you feel



Physical Health

Underfueling

Heavy training loads

Body image

80% of elite female athletes experience symptoms of REDS

All bodies are good bodies for sport



Hormone dysregulation



Persistent fatigue



Sleep disturbances



**Weight changes
delayed growth and
development**

Overtraining and undereating



**Injuries, stress fractures,
osteoporosis**



Amenorrhea



**Anxiety, depression,
chronic stress, low motivation
burn out**



Impaired gut function



**Poor
immunity/increased
illness**

Supporting your young female

Relationship with food

- Adapt
- Encourage
- Involve
- Language

Body image

- Function
- Affirmations
- Curate 'positive' social media
- Role models
- Goals



Female Health

A female athlete is *different*

- Periods and training
- Female health conditions
- Sport-friendly period products
- Pelvic floor health



44% of high school female athletes believe losing their period is normal

What's normal in athletes

- The first period to start later (bone density & injury)
- Irregular cycles
- Heavy periods
- It is **NOT** normal for them to lose their period
- It is **NOT** normal for them to suffer – pain
- It is **NOT** normal to suffer from pelvic floor concerns

Tracking 101

- Start/end of bleed
- Symptoms
- Energy level
- Mood
- Heavy



Psychology

Without *health* we cannot
have *performance*

Unique stressors for YOUNG female athletes

- Juggle multiple sports
- Academic expectation
- Body image
- Managing body changes – hormones, energy levels & fatigue
- Performance/expectation



Stress and the mental load

Stress has a *purpose*

- Finding the balance
- Performance pressure
- The 80/20 rule
- Identity outside of sport



38% of young female athletes felt 'mentally exhausted'
and *29%* felt 'overwhelming anxiety'

Know the signs

Changes to

- Sleep
- Appetite
- Mood

Increased

- Fatigue
- Worry
- Pain/illness
- Desire to escape, avoid, control

Decreased

- Motivation
- Memory
- Attention

Stress Management

Consistent habits

- Schedule

Circuit breakers

- Night before
- Day of
- Wind down
- Set back

Vagus nerve activation

- | | | |
|--|--|--|
|  Bilateral stimulation |  Strength training |  EFT Tapping |
|  Diaphragm breathing |  HOP's |  Cold water immersion |
|  Ear & neck massage |  Sustained stretches - Legs up the wall |  Mindful movement |
|  Singing/Humming/Sighing |  Laughter & human connection |  Sunshine & nature |
|  Journaling |  Trapezium twist |  Cradling the head & neck |

Supporting your young female

You are a parent firstly

- They already have a coach
- Validation
- Safe and unconditionally supported
- Embrace teachable moment
- Be okay with failure

You are likely to be the voice inside their heads



Support their ability to self-advocate

- Their bodies
- Their stressors
- Their strategies
- Enable independence
- Role modelling self-care



Trust your
instincts

Have the difficult conversation

- Allow vulnerability
- Validation and compassion
- Pick priorities
- Knowledge is power
- Behaviour, not the person
- Be aware



There is no perfect parenting

You are doing the best you can

- Give yourself compassion
- Only human
- This is time consuming
- Repair can also equal strength



Live Life Whole
beyond today

Where to after this?

- Sport workshops
- Live Life Whole online education modules for 16-25
- Online resources and websites



Navigating the health system

Finding a good Women's Health GP

- Evidence - cause
- Referral pathways

Health professionals

- Gynaecologist
- Endocrinologist
- Pelvic Health Physiotherapist
- Dietitian



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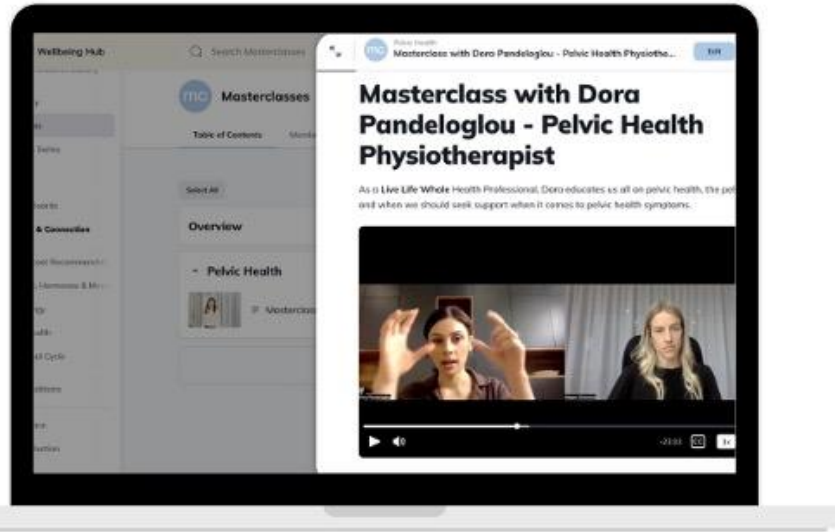
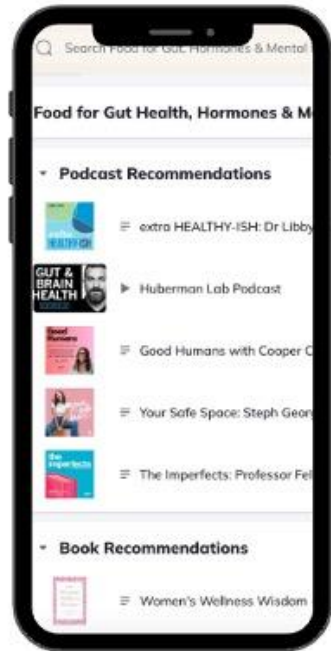
Parents

We recognise that our impact is small.
Yours is not.

Thank-you

$Q \in A$

Live Life Whole beyond today



Online mentoring
Workshops
Downloadable resources
Expert masterclasses
Book & Podcast
recommendations
Community & so much more

Live Life Whole Team



[thelivelifewholeproject](https://www.instagram.com/thelivelifewholeproject)



[thelivelifewholeproject](https://www.facebook.com/thelivelifewholeproject)



[The Live Life Whole Project mailing list](mailto:education@thelivelifewholeproject.com.au)



[The Live Life Whole Project](https://www.linkedin.com/company/the-live-life-whole-project)



education@thelivelifewholeproject.com.au



www.thelivelifewholeproject.com.au



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