FRONT SIDE



SHOW, DON'T JUST TELL

BACK SIDE

Demonstrate before you explain. Actions cross every language and cultural barrier.

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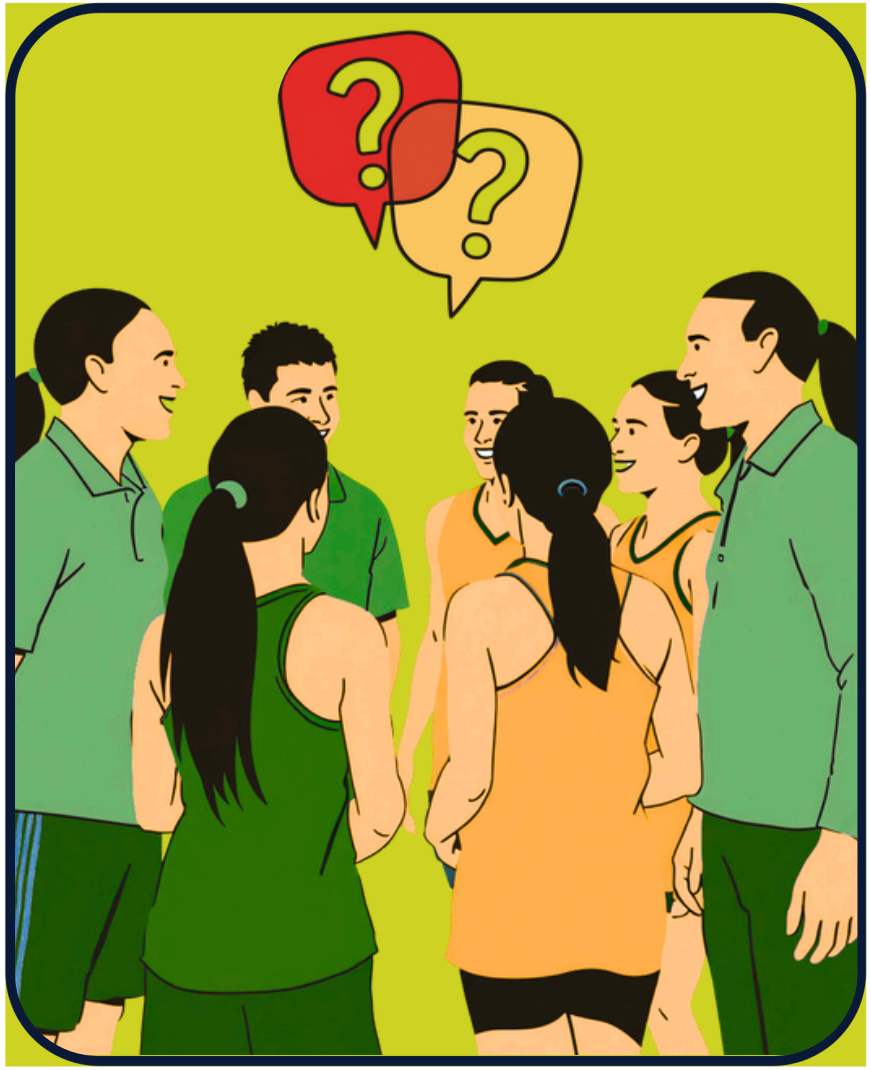
FRONT SIDE



DON'T ASSUME. ASK.

BACK SIDE

You can't know every culture, needs. You just need to stay curious. A simple 'Is this okay for you?' can open doors that assumptions never could.

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FRONT SIDE



SPEAK THEIR LANGUAGE, EVEN A LITTLE

BACK SIDE

Translate key rules, session info and safety instructions. A few words in som e one's language says: "You belong here."

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FRONT SIDE



EVERY NEWCOMER NEEDS A BUDDY

BACK SIDE

Assign a welcoming teammate to every new participant. A buddy provides guidance, reduces anxiety, and makes the first session feel less overwhelming.

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FRONT SIDE



LEARN FROM EACH OTHER

BACK SIDE

Connect with other coaches or facilitators working in diverse sport settings. Share what works, learn what doesn't, and build a network that makes inclusion easier for everyone.

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