



Canadian Association for the
Advancement of Women
and Sport and Physical Activity

Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique

Luncheon and Workshop Invitation

March 8, 2010 – International Women's Day

RA Centre, 2451 Riverside Drive, Ottawa ON

Please join the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) in celebrating International Women's Day with a luncheon and Women and Leadership Workshop on *Influencing Change*

International Women's Day is a global day celebrating the economic, political and social achievements of women past, present and future. Annually on March 8th, thousands of events are held throughout the world to inspire women and celebrate their achievements.

CAAWS is a national organization dedicated to increasing opportunities for girls and women to participate and lead in sport and physical activity in Canada. CAAWS' Women and Leadership Program was designed by women for women to provide a professional development and networking opportunity for women working or volunteering in the sport, recreation, health and related sectors.

Events

- 12:00pm Registration and Welcome
- 12:15pm Lunch
- 1:00pm Women and Leadership Workshop – *Influencing Change*
- 4:00pm Networking
- 4:30pm Adjourn

About the Women and Leadership Workshop

CAAWS' *Influencing Change* workshop blends theory with practice to engage participants in developing their skills to successfully influence change. Participants will discuss how to be a successful advocate, identify the factors that influence decision-makers, and explore ways to make meaningful change in sport. Discussion will focus on strategies to actively engage women and girls throughout the Canadian sport system.

Registration

To register for this FREE event please contact Sydney Millar at 613.562.5667 or smillar@caaws.ca.

Please RSVP by March 3rd; space is limited.

Similar events are being hosted by CAAWS and our partners in Edmonton, Saskatoon and Fredericton.

For more information about CAAWS visit www.caaws.ca.

For more information about International Women's Day visit www.internationalwomensday.com.