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Cultivating growth and resilience through sport

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PRESENTER INFORMATION

Lead Presenter Name: Meredith A. Whitley

Lead Presenter Pronouns: she/her/hers

Lead Presenter Job Title: Associate Professor

Lead Presenter Email: mwhitley@adelphi.edu

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Lead Presenter Organization: Adelphi University

City: Garden City

State: NY

Lead Presenter Bio (300 character limit): Meredith A. Whitley, PhD, is an Associate Professor and Coordinator of Sport-Based Youth Development at Adelphi University. She has an extensive publication record and a wealth of applied experience in the U.S., South Africa, Uganda, Nigeria, and India. She recently served on the President's Council on Sports, Fitness, & Nutrition Science Board.

Previous Speaking Engagements (Urban Soccer Symposium, conferences, panels, etc.):

- Presented on sport-based youth development to the U.N. Department of Economic and Social Affairs, the Permanent Mission of the State of Qatar to the U.N., and the U.S. Department of State, Bureau of Educational and Cultural Affairs at the U.S. Permanent Mission to the U.N.
- Invited speaker at numerous events, trainings, and conferences (e.g., Sports Philanthropy World 2020, Up2Us Sports coach and VISTA professional development sessions, Hello Insight webinar, Social Impact Summit).
- Lead presenter at 19 international, academic, peer-reviewed conferences.

How many co-presenters will your presentation have? Five

Lead Presenter Name: Daryl Cowan

Lead Presenter Pronouns: he/him/his

Lead Presenter Job Title: Lecturer

Lead Presenter Email: daryl.cowan@uws.ac.uk

Lead Presenter Phone: n/a

Lead Presenter Organization: University of the West of Scotland

City: Glasgow, UK

State:

Lead Presenter Bio (300 character limit): Daryl Cowan, PhD, is a Programme Leader at the University of the West of Scotland, UK. His research focuses on the role of sport as a vehicle for psychological and social development in the community. He has conducted several research projects working with various organised sport programmes for disadvantaged individuals throughout the UK.

Previous Speaking Engagements (Urban Soccer Symposium, conferences, panels, etc.):

- Lead presenter at several international, academic, peer reviewed conferences including, for example, European Congress of Sport and Exercise Psychology (FEPSAC), Annual Congress of the European College of Sport Science (ECSS), Division of Sport and Exercise Psychology Annual Conference (DSEP)
- Invited speaker for industry partner conferences and seminars (e.g. Street Soccer, Scottish Athletics, England Athletics)

Lead Presenter Name: Jordan A. Donnelly

Lead Presenter Pronouns: he/him/his

Lead Presenter Job Title: Researcher

Lead Presenter Email: Jordan.donnelly@uws.ac.uk

Lead Presenter Phone: n/a

Lead Presenter Organization: University of the West of Scotland

City: Glasgow, UK

State:

Lead Presenter Bio (300 character limit):

Dr. Jordan Donnelly is a researcher and Associate Lecturer at the University of the West of Scotland. His research focuses on approach towards services and development in Scotland's most disadvantaged populations. In addition, Jordan's research focuses on coaching and leadership conceptualizations for life-skill development through soccer participation.

Previous Speaking Engagements (Urban Soccer Symposium, conferences, panels, etc.):

- Lead presenter at several international, academic, peer-reviewed conferences. These included British Psychological Society's (BPS), Division of Sport and Exercise (DSEP) Annual Conference, The Football Collective Conference and The European Federation of Sport Psychology (FEPSAC).
- Invited speak to with industry partner (Street Soccer Scotland).
- Outputs and conferences contributing towards the United Nations Sustainable Development Goals (SDG's).

Lead Presenter Name: David Duke

Lead Presenter Pronouns: he/him/his

Lead Presenter Job Title: Founder & CEO

Lead Presenter Email: david@streetsoccerscotland.org

Lead Presenter Phone: +44 7533 562 485

Lead Presenter Organization: Street Soccer Scotland

City: Edinburgh, UK

State:

Lead Presenter Bio (300 character limit):

David Duke MBE is the founder and CEO of Street Soccer Scotland and Street Soccer London, non-profit social enterprises that use football to help create positive change in the lives of socially disadvantaged adults and young people, David has most recently set up Change Centre Scotland, a sport and education centre with a vision to tackling isolation, homelessness, supporting mental health and well-being by creating on site personal development and self-management support. David works closely with Governments, athletes, NGO's and social enterprises, as well as public and private corporations and leading global entrepreneurs, all who hold similar values and the same goal of improving the lives of those who face society's biggest challenges. With lived experienced of the challenges that face the people that his organisations work with and help on a daily basis, this makes him one of the best placed people to lead, advise and deliver on social inclusion programmes that use sport as a vehicle for change. Alongside his own social enterprises, David regularly sits on Government task forces and advisory groups, is an Advisory Board Member for UNICEF (Scotland) and also an advisor to AR26 Charity, founded by Scotland Captain and Liverpool FC star, Andy Robertson.

Previous Speaking Engagements (Urban Soccer Symposium, conferences, panels, etc.):

David is a regular contributor at international forums and global events such as TEDx, Beyond Sport Global Summit, COP26 and Social Enterprise World Forum as well speaking to Businesses such as Nike & Barclay's on the power of sport.

PRESENTATION INFORMATION

How would you like to present your topic: Virtually

Please provide a list of additional materials needed for your presentation: None

Presentation Title (Titles should be punchy, accurate, and designed to convince people to attend the session): Cultivating Growth and Resilience through Sport

Primary Presentation Track: Youth Development

Please select the desired level of expertise of the attendees that attend your session: Intermediate

Preferred Session Length (this includes time for Q&A at the end of the presentation): 75 minutes

Has the proposed workshop been presented before: No

The U.S. Soccer Foundation's commitment to Diversity, Equity, and Inclusion is at the core of our mission and who we are. It fuels our work as we continue to create opportunities for underrepresented populations and fight systemic inequalities through soccer. This is a shared commitment with our partners, within our organizational systems, across all the programs and events we offer, and within the communities we work with, as we continue to do our part to build a better future for children. Through your work, what is your approach to understanding diverse perspectives and fostering an inclusive youth development space?

At the heart of our programming, research, and the proposed workshop is an aim to further our understanding of how to optimally cater for diverse populations who have experienced complex social exclusion. Indeed, the data supporting this workshop encompassed a multidisciplinary approach to explore the trauma experienced by young people from various excluded populations (i.e., homeless, refugee). As such, the key messages of this workshop have been determined by the stories of players from two organizations (i.e., Street Soccer USA and Street Soccer Scotland) whose voices are often overlooked or ignored in the development of policy and practice. By prioritizing and including these diverse narratives, we believe our philosophy closely aligns with that championed by the US Soccer Foundation.

Please provide a short program description that - if selected - will be published in the program for the Urban Soccer Symposium. Be sure to include the objectives and focus of your presentation. Please keep descriptions to 3-5 sentences (note the Foundation staff may edit the program description as needed). Examples of strong program descriptions can be found [here](#).

Working with a population that has high rates of trauma exposure? Concerned about the health and well-being of young people following the pandemic? Join this workshop to learn evidence-based, trauma-informed strategies that cultivate growth and resilience through sport. Attendees will engage with a team of researchers and practitioners who have studied how (and why) certain strategies work for Street Soccer USA and Street Soccer Scotland, and will help to translate this knowledge to your own organization.

Workshop Accessibility: The Foundation will provide ASL interpretation throughout the event. We know that is not the only level of accessibility presenters should be considering, as we think about inclusive spaces. Please list the ways that you will ensure your presentation is accessible to all attendees. For guidance, please consider these resources: [Best Practices for Inclusive Presentations](#), and [Ten Tips for Creating Accessible Workshops](#).

The presentation team are committed to the creation of a workshop that is accessible to all attendees. This includes ensuring that text on our PowerPoint slides and handouts is minimalistic, uses simple and accessible font (e.g. Ariel, Calibri), and uses an appropriate text size which is 28 point or larger. We will also ensure that color contrasts on our slides and any handouts have been checked for accessibility.

The workshop will be broken down into short 'learn-do' cycles with regular discussion and activities throughout. Where we transition between activities and/or presenters we will ensure that we clearly outline the purpose and expectations, which will be framed within the overall workshop aim. We will aim to speak clearly and slowly and when interacting with the audience we will ask questions and give opportunities to check for understanding and interpretation.

Workshop Methodology: A description of how this workshop will address various learning styles (auditory, visual, kinesthetic, etc.) and meet the needs of adult learners. For guidance, please consider these resources: [Using Multiple Learning Styles in Workshop Activities](#), [Catering Presentations to Different Learning Styles](#), and [Improving Conference Sessions with Educational Theory](#).

Facilitating an engaging workshop that caters for different learning styles and abilities is of primary importance to the presenters. As such, there are several strategies to meet the needs of a diverse group of adult learners

Layered Learning Approach: The presenters will use diverse approaches to ensure a positive transfer of knowledge that those who attend not only acquire new knowledge but can utilize this new knowledge in their contexts. First, the presenters will use engaging resources (i.e., handouts, presentations, stories). Second, the presenters will create a social learning environment to ensure attendees can engage with both presenters and each other to further explore the new information. Finally, attendees will be encouraged to create their trauma-informed strategies following their engagements with presenters and fellow attendees. In addition, this will be supplemented with wider resources to reinforce learning and further collaboration beyond the end of the conference.

Catering for the Individual: All presenters will strive to cater for different learning styles which will be evidenced in our delivery strategy. Our presentation will be engaging and afford visual learners to understand and transfer knowledge from the presentation slides and handouts provided (see. Color contrast, font size above). Each presenter has several years of experience delivering lectures and workshops and will cater specifically to auditory learners. As such, the presenters understand learning approaches and interpersonal styles (i.e., speaking, interaction etc.) to ensure optimal knowledge transfer in a presentation setting. Finally, kinesthetic learners will be engaged through the encouragement of each attendee through the development of their trauma-informed strategies towards growth and resilience (see. Learn-do cycles).

Transfer and Impact: The overarching goal of this presentation is to have a positive impact on the trauma-informed care strategy of various soccer-based organizations. To achieve this, each presenter will adopt the aforementioned strategies to ensure skill acquisition and transfer of knowledge to ensure positive development can materialize.

Please provide three (3) applicable tools that attendees will take away from your presentation.

Attendees will receive a 1-page handout that identifies the most effective strategies used by Street Soccer USA and Street Soccer Scotland, with specific examples that are ready for use.

Attendees will receive a 1-page handout that describes the research behind key strategies used by Street Soccer USA and Street Soccer Scotland, with helpful citations and clear language that can be used with a wide range of audiences (e.g., funders, board members, staff, community partners, parents).

Attendees will create their own trauma-informed strategies that cultivate growth and resilience through sport, with the final portion of the workshop designed to guide and support them.

Why is this session a "must-have" for the 2022 Symposium?

Before the pandemic, young people were reporting high rates of complex and developmental trauma (e.g., abuse, neglect, violence), along with other mental, emotional, and social health challenges (i.e., anxiety, depression). These challenges were amplified and multiplied during the pandemic, with increasing concern about a secondary mental, emotional, and social health pandemic. Given its popularity and appeal, sport is a promising avenue through which to promote the psychological well-being of young people. This workshop is grounded in pre-pandemic, published research conducted by the lead presenters, which explored the ways that Street Soccer USA and Street Soccer Scotland served populations with high rates of trauma (e.g., homeless, immigrant, refugee). These findings have proven to be quite relevant for other sport-based organizations serving populations who have experienced trauma, along with the cascading effects of the pandemic. The researchers will be joined by organizational leaders who can give insight into these practices, with this diverse team of presenters guiding attendees through the creation of their own strategies.