



THIS
GIRL
CAN

BECOME AN AMBASSADOR

Sport England's This Girl Can campaign launched nationally in 2015 and has grown in Essex over the last 7 year.

We want to encourage women to take some time for themselves and to find fun with physical activity in any way that fits their lifestyles.

As a This Girl Can Ambassador we want you to share your physical activity journey, your achievements (no matter how big or small) and to encourage others along the way.

Together we can drive change and inspire more women and girls to get moving, all across the county.



● AMBASSADOR

ROLES



CHANGE MAKER

Motivate other women to get active, make changes to their life, and support them by making them welcome at your sessions/classes.



BUDDY CREATOR

Become a buddy and open channels of communication for women, helping other women take that first step to leading an active and healthy life.



MOVE CHEERLEADER

Share your personal story and updates along the journey, you will champion the fact that there's an activity for everyone.

▶ If you want to become a This Girl Can Essex Ambassador and help inspire, motivate and encourage other women from across the county to get involved in physical activity and sport, then scan the QR code or visit the link below

▶ activeessex.org/findyouractive/thisgirlcanessex

