

# THIS GIRL CAN













# THIS GIRL CAN AMBASSADORS

To be an ambassador, you will need to be passionate about helping other women and girls, as well a championing movement for your mental and physical wellbeing.





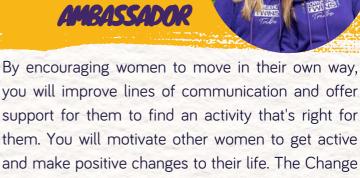
You are the everyday woman finding your active. By sharing your personal story and updates along the journey, you will inspire others to follow in your footsteps. As a Move Cheerleader, you champion the fact that there's an activity for everyone. You might buddy up, helping other women take that first step to lead an active and healthy life.

### TOOLS TO USE

- Sharing tips and stories
- Supporting other ambassadors and Essex wide campaigns
- WhatsApp
- Facebook groups







support for them to find an activity that's right for them. You will motivate other women to get active and make positive changes to their life. The Change Makers will be pioneers to support women through the delivery of activity, reaching out to women across the county.

### TOOLS TO USE

- Facebook live
- #TakeoverTuesday
- Events
- Blogs



## THIS GIRL CAN SOCIAL MEDIA

Log into your Facebook page and search for 'This Girl Can Essex Ambassadors Closed Group'. Ask to join this group, and you will receive a confirmation notification. Follow and like us on Facebook and Instagram under 'This Girl Can Essex'. When posting or sharing content on your own social media accounts, use '#ThisGirlCanEssex'.



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#ThisGirlCanEssex



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# WHAT YOU NEED TO MAKE A DIFFERENCE



Join our tribe of like-minded women, who will cheer you on and help keep you motivated through the ups and downs on the rollercoaster of life!

Download Her Spirit App here



Help us in highlighting key days and months of the year, such as National Girls and Women In Sports Day in February, International Women's Day in March, Women's Health Month in May, and many more!

#WomenLikeUs





### **Takeover Tuesday**

will take place once a
month and offer
ambassadors the chance to
takeover the 'This Girl Can'
Facebook page to share
their tips and tricks to
keeping active!