



FOR IMMEDIATE RELEASE

STEP INTO LEADERSHIP: THE MUST ATTEND INDIGENOUS SPORT AND WELLNESS ONTARIO (ISWO) LEADERSHIP CONFERENCE

[MISSISSAUGA, May 24, 2024] - Indigenous Sport & Wellness Ontario, alongside the University of Guelph and Department of Athletics are thrilled to announce a one-of-a-kind event. Mark your calendars for June 28-29, 2024. “This dynamic conference, set in the engaging environment of the University of Guelph, is designed to empower Indigenous youth, and welcome participants from Turtle Island and all walks of life to this historic gathering around sport and wellness.” Said, Scott McRoberts Athletic Director University of Guelph.

Here is what attendees can look forward to:

Youth Leadership and Community Development: Engage with peers and mentors to enhance leadership skills and drive community initiatives.

Physical and Mental Wellness: Participate in activities that promote a healthy body and mind, and a balanced approach to daily living.

Safe Sport and Coaching Certification: Learn the importance of creating a safe sporting environment and get certified in various coaching techniques. The link below will be provided for the Event Page on iswo.ca website for registration and fees for in person and virtual certifications at the conference.

Varsity Athlete Experiences: Hear from varsity athletes about their journeys, challenges, and triumphs.

Food Sovereignty and Nutrition: Explore the connections between local food practices and nutritional health.

Accommodations: Attendants are responsible for their own stay and a link to student facilities is provided through the University of Guelph at a reasonable rate.

Meals: There will be two lunches and two dinners provided at the 2-day conference. Please add any dietary requirements.

“We are thrilled to welcome ISWO and the Standing Bear program to our campus. This conference is a unique platform to act on the Truth and Reconciliation Commission’s Calls to Action on activity, sport, and wellness (#87-91),” said Cara Wehkamp PhD, Assistant Vice-President (Indigenous Initiatives) at the University of Guelph.

This conference is more than just a series of presentations; it is a comprehensive experience combining workshops, training sessions, and direct engagement with experienced leaders in sport and wellness. Do not miss this chance to be part of a transformative event that celebrates and advances Indigenous culture and well-being. "Join us at the University of Guelph, where we unite to forge paths in leadership, wellness, and sport. This is your platform to shine, learn, and lead." Carlyn Johnston Manager Standing Bear and Regional Development.

For more information on the conference or to register, visit <https://iswo.ca/event/iswo-leadership-conference/>

Acknowledgement:

ISWO honours the traditional lands and homelands of all Indigenous Peoples and communities across the province of Ontario, including First Nations, Inuit and Métis living both on and off reserve, in rural and urban communities.

For further information, media inquiries, or interview requests, please contact:

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About Indigenous Sport and Wellness Ontario (ISWO):

Indigenous Sport and Wellness Ontario (ISWO) is a province-wide, Indigenous-led, not-for-profit organization dedicated to the promotion of sport, recreation, and wellness in Indigenous communities across Ontario. Through collaborative partnerships and culturally relevant programming, ISWO strives to enhance the quality of life for Indigenous peoples by supporting healthy, active lifestyles and empowering Indigenous youth. Learn more at www.iswo.ca.