



PILLAR 4. SPORT AS A TOOL FOR CONNECTION - INTRODUCTION

We know that sport is a powerful tool for holistic well-being. When we ask why people play volleyball, the top response is always because of the team relationships and social connections. This is the same response whether the individual is a player, coach, referee, or a volunteer in the volleyball community. The experience of coming together and connecting with others around the sport is one of the main drivers and motivators for individuals.

However, creating meaningful connections within a team or club does not always happen naturally or easily. Over the past years, respondents to the Volleyball BC Annual Member Survey have consistently told us that “team dynamics and relationships” is one of the top 3 factors negatively impacting their experience in a season. This in turn has a negative impact on mental health and well-being. Individuals can easily become disengaged or disenfranchised from a team or an organisation - and this is even more likely if an individual is struggling from a mental health perspective. Disengagement from a sport or activity that someone loves can be a key indicator that an individual is struggling from a mental health perspective.

Clubs play an important role in fostering positive relationships and connection in a number of ways across their programs and activities. They can also be powerful sources of support and connection for individuals who are experiencing challenges with mental health and well-being. In this section we provide tools and ideas for how you can take a proactive approach to building connections and engaging with participants, whether they are athletes, coaches, or other volunteers.



Tools and Templates in this Pillar

- 4.1 Actions to Promote Connection and Engagement
- 4.2 Additional learning on Cultivating Connection