

LGFA Talk Project

Youth Participant Feedback

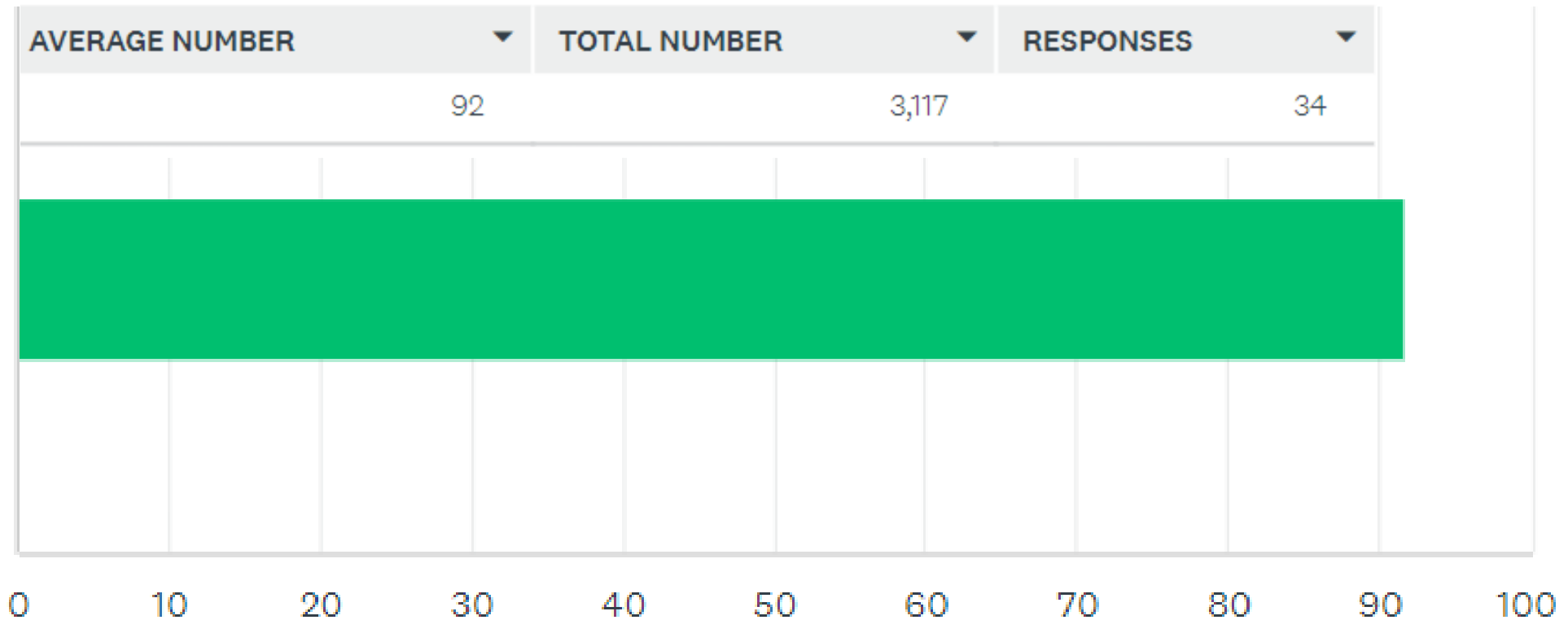
2022



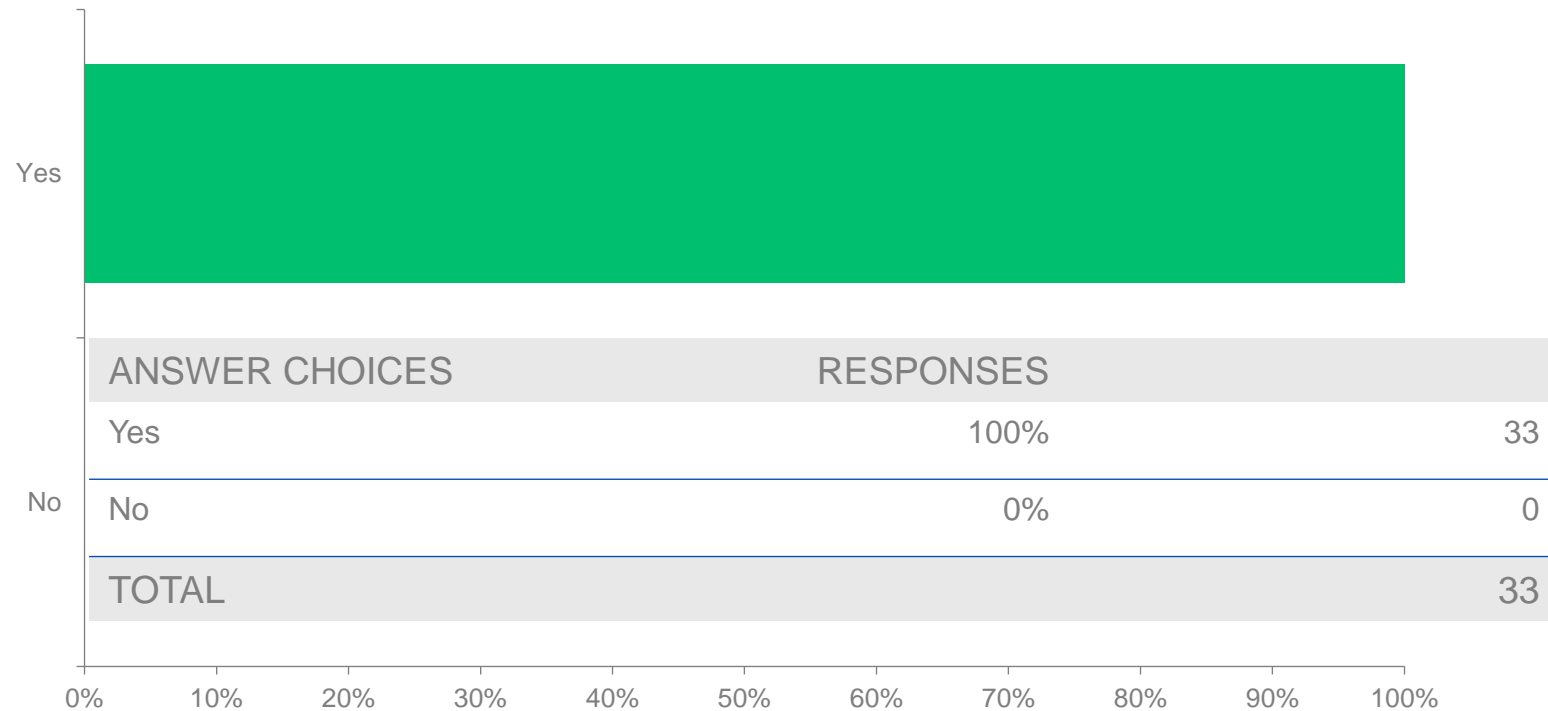
Responses - 34



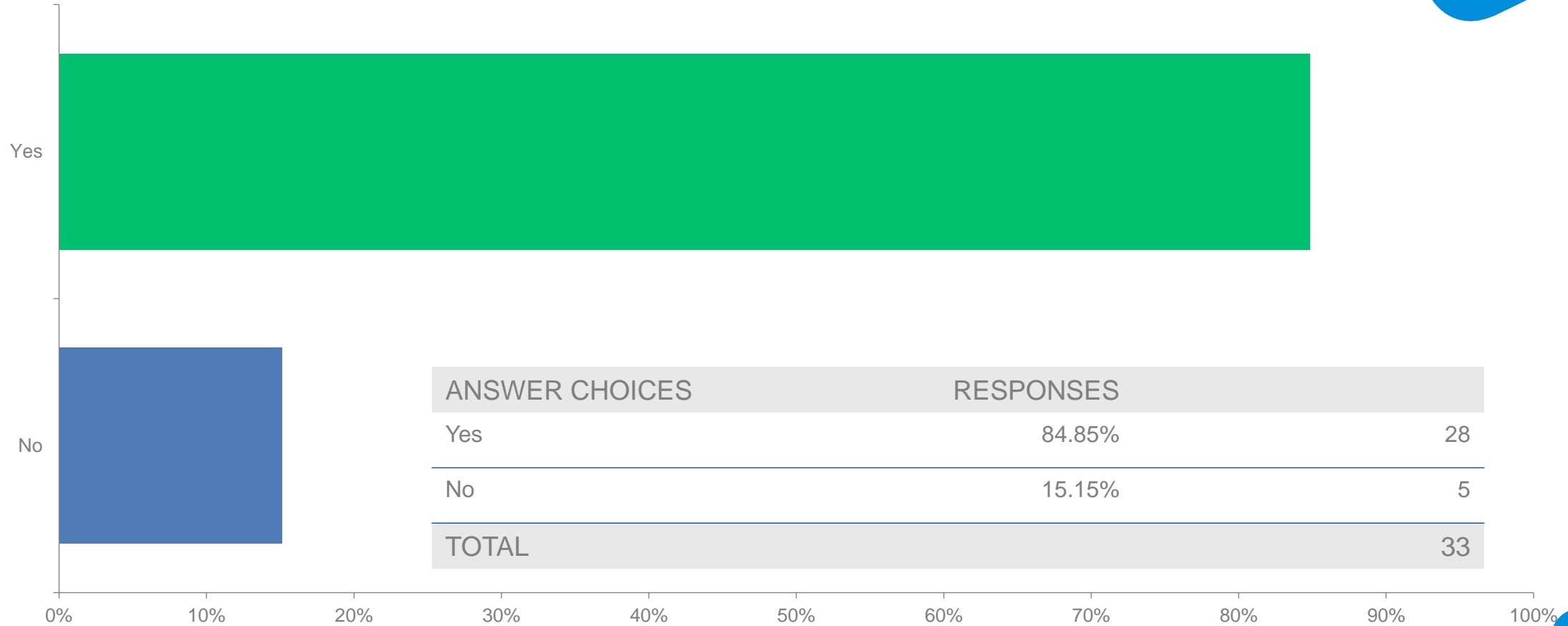
How would you rate your overall experience on the LGFA Talk Project?



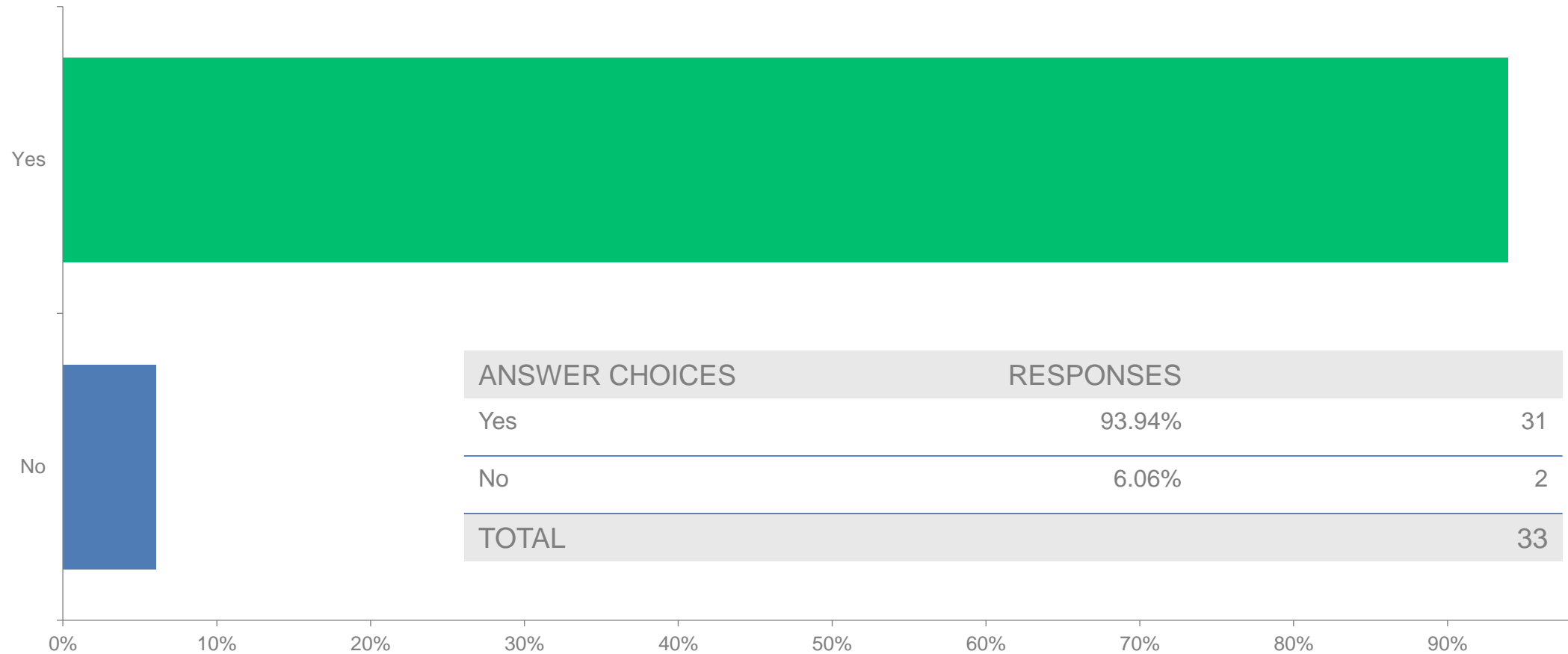
Do you have a better understanding of positive mental health after you completed this programme?



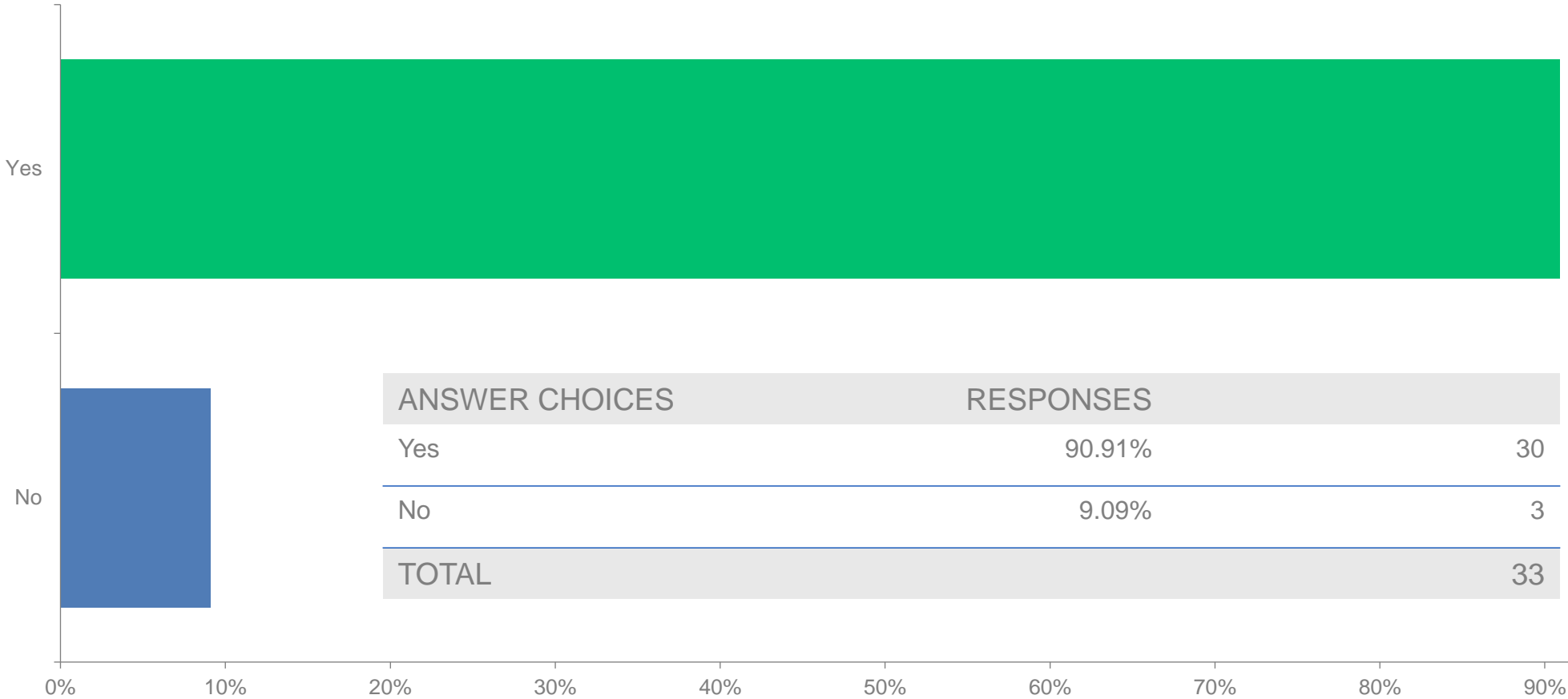
Do you understand the term "languishing"?



Do you understand the term "flourishing"?



Do you understand what the "happiness formula" is?



Can you name any activities that you have completed from the LGFA Talk Project for each letter?

L – 11 responses

- Learning (x6)
- Learning to paint as part of a team
- Check in and out (x2)
- Laughing (x2)

F – 11 responses

- Flow (x6)
- Immersed in the painting activity
- Ladies final day out in Croke Park
- Paint container
- Found sea glass on the beach
- Football, fun, friends

I – 10 responses

- Intrinsic Motivation (x6)
- Desire to do a good job for self satisfaction and others approval
- Painting the container project
- Wish jar
- I had a good time

E – 11 responses

- Talked to younger girls in the club about how they felt
- Emotions (x6)
- Random acts of kindness in the club then discussed the impact on the person doing the act and the person receiving
- Hopes/fears jars
- Positive feedback
- Expressed our emotions

Can you name any activities that you have completed from the LGFA Talk Project for each letter?

M – 11 responses

- Mindfulness (x6)
- Listening to music of choice while painting
- Post league final dinner / meet up
- Checking in & out
- Made words with our bodies
- Making bracelets

P – 10 responses

- Helped out with a club breakfast
- Purpose (x6)
- Volunteering to improve look of club grounds
- Hopes & fears
- Played Games

A – 8 responses

- Accomplishment (x6)
- Accomplished the painting task did a good job
- Answered questions

S – 10 responses

- Went to Croke Park with my team
- Social Connections (x6)
- Working together building social connections
- Mixing up social groups
- Sticking spoons on face

What have you learned about yourself throughout the LGFA Talk Project?

The importance of keeping in touch with my teammates and how taking time to talk after training and matches can really lift my mood

The value of listening and understanding, checking in and realising that one persons outburst may have nothing to do with me and everything to do with them. Value connections, help build trust and keep that trust.

Having lots of different connections is good for mental health

That we all have the same fears, we just need to talk about them openly

I am comfortable discussing emotions

I am smart

I've learned that I sometimes don't always enjoy Gaelic but it's ok to have down days as long as I keep motivated and there is enjoyment in the sport

Not to be as shy when talking to people

That I have certain goals I want to reach for myself and my team

How my mental health is effected due to exercise

That I am highly motivated

That its okay not to be okay

That I'm not alone. It might have been a bad day that I was having but it's not a bad life.

What have been your highlights taking part in the LGFA Talk Project?



- Mentoring younger members
- The forward thinking of those involved, young and old. The realization that young people can be wise beyond their years, connecting and helping build healthy relationships and learning from them has been just as important in the journey as what we have learned through the sessions.
- Painting the container with friends and coaches great fun
- Ladies final day out in Croke park
- Getting to know other players
- Going to Croke Park
- Getting to talk about different things after training eg hopes and fears for the future and also the trip to Croke park was amazing
- Team bonding
- It has brought my team closer together
- Going to Croke Park
- Team bonding more
- Getting to do fun activities
- The activities I got to do amongst my peers and letting people know what happened in my day and hearing what happened in others
- Learning to express myself and trust others are there to support and help

If you could change anything about the LGFA Talk Project, what would it be?

- Having more organised activities
- I wouldn't change it, the importance of club interactions has been vital and helps build stronger clubs going forward. Support from and guidance from the team has been brilliant, they are easy to talk to and the project is a credit to them.
- Enjoyed it all
- Try to get every age group involved as it affects everyone. Hopefully by the start of next season every group will be on board
- Not sure
- I would like it to continue
- Probably have it earlier on in the year and some of the actual talk sessions could of been done sitting down in a room together rather than outdoors
- Wouldn't change anything
- It would have been helpful to have been done at the start of the season instead of before championship
- The timing
- I felt they choose the wrong time to carry it out it is more of a preseason project rather before championship
- For it to be longer
- Nothing.
- Open it to all other groups

Any other comments?



- Although I didn't get to be as heavily involved as I wanted because of my prior commitments to the underage part of the club, I have been extremely proud to have been part of the project. It has benefited the girls massively, and hopefully it will be something that they will continue to work and build on.
- Really enjoyed it
- I really enjoyed it, thank you Muireann
- Was good craic
- This would be beneficial to other groups especially those of gcse and a - level ages