

# SOCIO-EMOTIONAL DEVELOPMENT

The socio-emotional development component of the RISE program is led by the School of Applied Psychology at Griffith University through their LIFE-FIT Program. The program aims to arm the players with the tools they'll need to tackle life's challenges as they grow older.

Initially, players will complete an online assessment to help identify any possible concerns that relate to their emotions, self-confidence, relationships and lifestyle. If required, participants and their families will receive personal, confidential support from the Life-Fit team.

Players will also participate in four Life-Fit workshops that relate to key components of mental and physical wellbeing to assist them in a sporting, school or work environment.

