



# PAST PLAYERS WELL-BEING PROGRAM

*SAFC Past Players & Officials Committee (PP&O)*



## Life Coach Mentoring

### Scope

This program aims to provide support options for former SAFC senior-listed men's & women's footballers facing life challenges. Access to this program is only available to *eligible SAFC Past Players*.

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### Summary

Facilitation of *Life Coach Mentoring* services for eligible past players by former player, Daryl Heath.

***Daryl Heath, player number #1395, played 160 games for South Adelaide from 1989 to 1996***

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### Services

- Offer a safe and confidential contact point for past players
  - Training in Attention Deficit Hyperactivity Disorder (**ADHD**) Life Coaching
  - Accredited Youth Mental Health First Aid
  - Offer individual therapy sessions for eligible past players
  - Services delivered include:
    - Life Coaching/Mentoring
    - Mind Training
    - Spiritual & Emotional Support
  - Connection with Buddhism and Buddhist Philosophy
  - Sessions may be provided in-person, by telephone, zoom meeting or via email
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### Eligibility

*Past Players* must have played a minimum of **1** league game for *South Adelaide* **and** been on a *South Adelaide SANFL* or *SANFLW* active senior list for a minimum of **3** years.

**Note:** Flexible discretion is given to a dedicated panel on a case-by-case basis by application, for those who do not meet the criteria above.

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### Activation

Past Player to reach out to Daryl via dedicated email link, please [click here](#)