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HRIC PROJECT  
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## HRIC Training Format: Empowering Coaches & Social Operators

***The Training Format, one of the key deliverables of the HRIC Project, is now officially available!🎯***

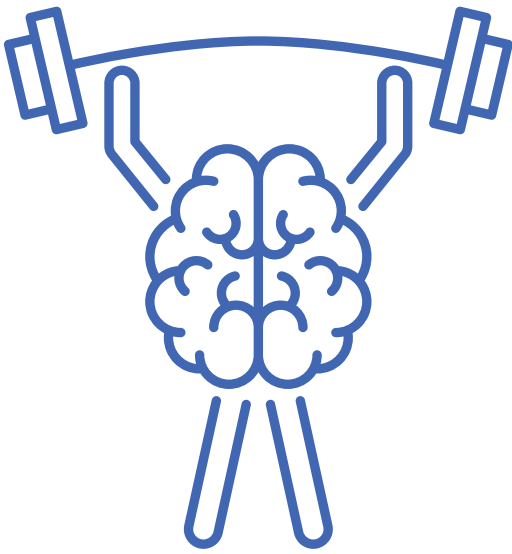
- Developed by the HRIC partnership, this comprehensive model course equips Sport Coaches and Social Operators with essential skills to support young people facing anxiety, depression, PTSD, and emotional challenges, using the power of Education Through Sport (ETS).

### 🧠 What's inside?

- ✓ Structured sessions combining ETS & psychological support
- ✓ Practical methods for inclusion and well-being
- ✓ Competency-based tools for real-life application
- ✓ Fully adaptable to local sport and educational contexts

### 📄 Why it matters:

The Training Format transforms sport into a tool for healing, resilience, and social inclusion, creating safe spaces where vulnerable youth can grow both emotionally and socially.



🌐 Now available for coaches, trainers, and professionals across all partner countries!  
🔗 Discover the Training Format and join the movement to make sport part of youth mental health care.

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