



ROLE MODEL BIO:

LEARNING GOALS:

- I will make connections between a role model’s life experiences and my own

SUCCESS CRITERIA:

- I can identify 3 specific actions that helped Sateana achieve their goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Sateana Goupil*

<i>sport</i>	<i>trades</i>	<i>coaching and mentorship</i>
<i>giving back to the community</i>	<i>leadership</i>	<i>vulnerability</i>

How have these themes have been present in Sateana’s life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

“I felt that it was important for me to give back. I do find that it’s empowering and fulfilling to be able to see some of the traits your wishing to pass on to those that you’re coaching. I feel that sport is so powerful and it enables the youth to hone in on life skills they’ll be able to use later on”.

-Sateana Goupil

EXTEND *Diana discusses overcoming inexperience and ageism as a major obstacle in her career and personal life.*

Reflect on the impact of role models, coaches and mentors in your life.
What skills and values did they help you develop?
How can you continue this positive reinforcement for those younger than you?