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BALANCE IN SPORT

Tools to implement Gender Equality

A stepping stone event
to making the difference

BALANCE IN SPORT
ENTERS THE RING!

Draft programme

5 December 2016
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Joint Programme between the European Commission and the Council of Europe
« Balance in Sport: Tools to implement Gender Equality »

in collaboration with
Ligue Alsace de Sport Entreprise

Balance in Sport enters the Ring!

5 December 2016

Opening session

16:30 – 16:45	Welcome speeches	Welcome and registration of experts, members of the Council of Europe Staff Amicale and public registered participants
16:50 – 17:00	Testimony from Ms Sarah Ourahmoune: flashback on her career, the Olympic Games and her interest for gender equality in sport	
17:00- 17:05	Testimony from Ms Yvette Palatino: first female boxing coach and a pioneer in authorising women to practice boxing	
17:05- 17:15	Presentation of the session's speakers: Yvette, Stéphanie and Angelina, and of the nutrition workshop	

Start of the activities

17:15 – 17:30	Boxing workshop Group warm-up (led by Yvette Palatino) Technical training with Sarah and Stéphanie	Nutrition Workshop Explanation of the ingredients Preparation of the food bars
17:30 – 18:30	<i>Splitting into three groups: Yvette, Stéphanie and Angelina, with a slot in the ring for each group</i>	
18:30 – 18:50	Group and individual photos with the champions	
19:00 – 20:00	Buffet	Thanks to the speakers, participants and partners
20:00	Cleaning of the room	