

INVITATION



IBU

ATHLETE WEBINAR

14 SEPTEMBER 2023

TOPIC	Culture of Training
TIME	14 September 2023 from 13:00 – 14:30 pm (CET)
PLACE	Online via Zoom
REGISTRATION	Please register here: CLICK
REGISTRATION DEADLINE	13 September 2023
PARTICIPANTS	Athletes, Coaches, Sport Directors, NF Representatives
LANGUAGE	English, Russian
CONTACT:	Should you have any questions or concerns, please reach out to anna.kitzbichler@ibu.at



ATHLETE WEBINAR 2023

INTRODUCTION

Dear Biathlon Friends,

We are excited to extend a warm invitation to you for the upcoming IBU Athletes Webinar, designated to educate all members of the biathlon family about the Culture of Training.

During the webinar, you will benefit from the insights of athletes and coaches who will share their personal experiences regarding mental health issues, a positive training culture, and harassment and abuse. Use this opportunity to elevate your performance and well-being in sports by embracing a positive and inclusive Culture of Training.

We encourage you to share your ideas, ask questions and learn from other professionals through the webinar session experience.

We are looking forward to seeing many of you during the webinar!

The IBU Development Team



ATHLETE WEBINAR 2023

AGENDA

THURSDAY, 14TH OF SEPTEMBER

Estimated Time	Min	Topic	Presented / Facilitated by:
12:55-13:00	5	Information about Agenda and Schedule	PPT slide
13:00-13:03	3	Welcome	
13:03-13:05	2	Short Introduction to the Webinar	
13:05-13:40	35	Preventing Mental Health Issues: Experiences by Athletes	Jacques Jefferies & Marie-Laure Brunet
13:40-13:45	5	Question & Answer (Q&A) and Introduction of the next topic	
13:45-14:05	20	Creating a Positive and Inclusive Culture of Training	Sverre Olsbu Røiseland
14:05-14:10	5	Q&A and Introduction of the next topic	
14:10-14:25	15	Harassment and abuse: Experiences by an Olympian	BIU & Allison Forsyth
14:25-14:30	5	Q&A and Wrap up & Goodbye	



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LECTURER INFORMATION

MARIE-LAURE BRUNET

Marie-Laure Brunet, a former French biathlete, is an Olympic and World Championships medalist and achieved numerous podium finishes in World Cup events. Overcoming mental health challenges during her career, she now shares her experiences as a mental health coach. Marie-Laure Brunet supports businesses and athletes, aiding them in enhancing their performance and overall well-being.

JACQUES JEFFERIES

Jacques Jefferies, a French biathlete, is a member of the IBU Athlete Ambassador Program. In this role, he serves as an Athlete Ambassador for Sustainability, promoting a positive change in the biathlon family. Additionally, he has gained insights into mental health through his athlete mental health survey, aiming to understand the requirements for improved support experiences.

SVERRE OLSBU RØISELAND

Sverre Olsbu Røiseland currently serves as the national team coach for the German women's biathlon team. Previously, he coached the Norwegian women's development national team. With insights from both the Norwegian and German federations, he can share his experiences in creating an environment where individuals feel valued, aiming to support athletes' holistic growth and well-being.

ALLISON FORSYTH

Allison is a 2 time Olympian and 8-time Canadian Champion in the sport of Alpine skiing. Her career now is as a safeguarding expert. Living through her own sexual abuse in the sport system, Allison became an advocate for change and has used her voice, skills, and passion to lead critical changes in the Canadian sport system. Through education and awareness, Allison aims to make sport a safe, positive place for athletes and coaches of all levels.