



Canadian Association for the
Advancement of Women
and Sport and Physical Activity

Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique



WOMEN ON BOARDS

A GUIDE TO GETTING INVOLVED





The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) is a not-for-profit organization working to encourage girls and women to participate and lead in sport and physical activity. For more information, visit www.caaws.ca.



2010 Legacies Now is a not-for-profit society that works in partnership with community organizations, non-government organizations, the private sector and all levels of government to develop sustainable legacies in sport and recreation, arts, literacy, and volunteerism. 2010 Legacies Now actively assists communities discover and create social and economic opportunities leading up to and beyond the 2010 Olympic and Paralympic Winter Games. For more information, visit www.2010LegaciesNow.com.

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Women on Boards: A Guide to Getting Involved is a CAAWS initiative, in partnership with 2010 Legacies Now, and contains information originally produced in Australia by the Department of Victorian Communities - Office of Women's Policy to encourage and develop the capacity of women to serve on government boards. CAAWS has been granted permission to revise this information to reflect a Canadian context and use it as part of its Women and Leadership Program.

Purpose of this guide

It is generally recognized that women are often underrepresented in leadership positions, particularly in sport and recreation. There are numerous governing boards and committees associated with sport organizations throughout Canada. The opportunity exists to encourage women to participate in the leadership of these, and other organizations.

Women on Boards: A Guide to Getting Involved contains information originally produced in Australia by the Department of Victorian Communities - Office of Women's Policy as part of an initiative to encourage and develop the capacity of women to serve on government boards. CAAWS has been granted permission to revise this information to reflect a Canadian context and use it as part of its Women and Leadership Program.

The guide demystifies the workings of boards and strives to improve recruitment and retention of women as board members by:

- Describing why boards need more women
- Providing advice on how to find a suitable board to join, and how to secure a position on it
- Providing straightforward descriptions of typical board roles, terminology and processes
- Identifying challenges that may be faced by women serving on boards, and proposing strategies for addressing them

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