

STRENGTH TRAINING WORKSHOP 1

Program Findings

Prepared by Dr. Sayema Ahmad

Director of Research and Programs, The Empower Play Project (TEPP)

August 2026 | Program Evaluation Brief

Executive Summary

The Empower Play Project (TEPP) conducted its first women’s strength-training workshop as part of its community sports and wellness programming. Registration data from 13 participants were reviewed to better understand women’s previous strength-training experience, exercise habits, goals, concerns, and self-perceived knowledge and confidence. These findings are intended to inform future TEPP workshops and establish a consistent foundation for ongoing program evaluation.

The clearest early insight is that participants already placed a high value on strength training, while confidence and knowledge related to safe strength-training practice were more varied. This suggests an opportunity for TEPP to focus future workshops on practical skill development, safe technique, equipment familiarity, and confidence to engage in strength training independently.

About the Workshop Evaluation

Participants completed a registration questionnaire before the workshop. The form included questions about participation in TEPP and cricket, prior strength-training experience, exercise frequency, training goals, concerns, training interests, and self-ratings related to strength-training knowledge and confidence.

This report summarizes 13 registration responses using descriptive counts and percentages. Because the questionnaire was completed at registration, the findings describe the participants entering the workshop; they do not measure changes caused by the workshop.

Participant Snapshot

13	10/13	8/13	7/13
registrations	currently play cricket (77%)	current TEPP participants (62%)	previously worked with a coach/trainer (54%)

Strength-training experience was mixed: 3 participants reported never having done strength training, 7 reported occasional experience, and 3 reported regular experience. General exercise frequency also varied: 0 reported no weekly exercise, 0 reported 1–2 days per week, and 0 reported 3–4 days per week.

Key Findings

Strong belief in the value of strength training. 12 of 13 participants (92%) rated the statement “strength training is beneficial for women” at 4 or 5 on a 5-point scale.

Knowledge and confidence present opportunities for future development. 6 of 13 participants (46%) rated their knowledge of performing basic strength exercises safely at 4 or 5. 7 of 13 (54%) rated their confidence in performing strength exercises at 4 or 5.

The program reached women beyond the existing TEPP participant base. 5 of 13 registrants (38%) reported that they were not current TEPP participants, indicating that the workshop also attracted women outside TEPP's existing participant group.

Cricket and strength training are closely connected in this participant group. 10 of 13 registrants (77%) reported currently playing cricket, supporting the relevance of strength education within a broader women's sport environment.

Goals, Concerns, and Interests

Building strength emerged as the most frequently selected primary fitness goal. Participants also reported goals related to improving sports performance, toning/body composition, general fitness, and injury prevention. The responses reinforce the need for workshops that are useful both to active cricket players and to women seeking general strength and wellness.

Concerns reported by participants included performing exercises incorrectly, risk of injury, and uncertainty about strength-training practice. These concerns support an instructional approach that prioritizes demonstration, technique, appropriate progression, and opportunities to ask questions in a supportive environment.

Interest was distributed across several forms of strength training, suggesting value in exposing participants to multiple accessible training methods rather than relying on a single format.

Emerging Program Insight

Women may not need to be convinced that strength training matters; they may need greater confidence and practical knowledge to do it safely and consistently.

The high perceived value of strength training, alongside more varied ratings of knowledge of safe exercise practices and confidence, points to a potential belief-knowledge gap. For TEPP, this creates a clear program opportunity: translate positive attitudes toward strength training into practical capability through coached instruction, technique education, progression, and continued exposure.

How TEPP Will Use These Findings

- Continue monthly strength-training workshops with an emphasis on safe technique and practical skill development.
- Provide beginner-friendly instruction while offering progressions for participants with previous training experience.
- Track strength-training frequency separately from general exercise frequency in future workshop registrations.
- Use a short set of consistent knowledge and confidence measures across workshops to monitor patterns over time.
- Ask returning participants whether they practiced strength training or used techniques learned between workshops.
- Review cumulative findings after approximately five to six workshops to identify recurring barriers, participation patterns, and changes among repeat participants.

Looking Ahead

Workshop 1 serves as the starting point for TEPP's ongoing strength-training program evaluation. As monthly workshops continue, TEPP will build a larger body of de-identified program data to understand who participates, what women need from strength-training education, and whether repeat participation is accompanied by changes in confidence, knowledge, and training behavior.

These program insights will also contribute to TEPP's broader commitment to evidence-informed sport and wellness programming for women.

Data and Interpretation Note

Findings are based on 13 registration responses collected before TEPP Strength Training Workshop 1. Results are descriptive program-evaluation findings from a small initial sample and should not be interpreted as representative of all women or as evidence that the workshop caused changes in participants. Personally identifiable information was not used in this report. Future research use of program data will be considered separately from routine program evaluation and will follow applicable consent, privacy, and research ethics requirements.