



NFHCA DEI COMMITTEE – Resource List

This resource list has been compiled by the NFHCA Diversity, Equity and Inclusion (DEI) Committee as a curated tool to support learning, awareness, and growth across membership. While not exhaustive, it reflects valuable contributions from our coaching community and is intended to serve as a resource for education and inclusion efforts.

Inclusive Coaching & Leadership

Core Resources

- [NCAA Inclusion Resources](#)
- [WeCoach Resources](#)
- [A Long Talk](#) - Facilitated Learning Experiences
- [Project Implicit](#) - Implicit Bias Assessments
- [Jen Fry Talks](#) - Helps organizations build resilient, adaptive leadership models that thrive in today's complex world.
- [A Resource Guide on Diversity & Inclusion](#) for Coaching Education Professionals
- [Return on Inclusion](#) - Developing Inclusive Leaders in Sport

Language & Communication

Guides

- American Psychological Association: [Bias-Free Language](#)
- [Play By the Rules](#)
- NCAA: [Inclusion: Guidance on Inclusive Language](#)
- American Psychological Association: [Equity, Diversity, and Inclusion: Inclusive Language Guidelines](#)

Key Reads

- *Inclusion on Purpose: An Intersectional Approach to Creating a Culture of Belonging at Work* by Ruchika Tulshyan
- *Inclusive Conversations: Fostering Equity, Empathy, and Belonging Across Differences* by Mary-Frances Winters

Podcasts & Talks

- Brené Brown: [Dare to lead with Brene Brown - Inclusion on Purpose with Ruchika Tulshyan](#)
- Apple Podcasts: [The Diverse Minds Podcast - #37 Why bother with Inclusive Language](#)
- Buzz Sprout: [The UWaterloo Alumni Podcast - Uncharted: Inclusive language and sustainability feat. Tracelyn Cornelius](#)
- [Ted Talks:](#)
 - *Inclusive Language* by Camelia Bui
 - *How Technology has Changed What It's Like to be Deaf* by Rebecca Knill
 - *The Importance of Using Inclusive Language* by Fahad Saeed

Identity & Representation

Race & Cultural Awareness

Core Resources

- United Nations: [United Nations: Fight Racism](#)
- AACAP: [Asian American and Pacific Islander Resource Library](#)

Recommended Reads

- *How to be an Antiracist* by Ibram X. Kendi
- *The New Jim Crow* by Michelle Alexander

Podcasts

- NPR Podcast Directory: [Code Switch](#)
- NY Times Audio Series: [1619](#)

Gender Inclusion

Resources

- NCAA: [NCAA Inclusion of Transgender Student-Athletes](#)
- [Documentary: Trans](#)
- [TransAthlete.com](#)

Sexuality & LGBTQ+ Inclusion

Membership Organizations & LGBTQ Resources

- [Athlete Ally](#)
- [The Trevor Project](#)
- NCAA Publications: [5 Ways to have an LGTBO-inclusive athletics department](#)
- [In Reach](#)
- Apple Podcast: [LGBTQ Sports Podcast](#)

Recommended Reads

- *In the Game: Gay Athletes and the Cult of Masculinity* by Eric Anderson
- *Strong Women, Deep Closets: Lesbians and Homophobia in Sport* by Pat Griffin
- *The reappearing Act: Coming Out as Gay on a College Basketball Team* by Kate Fagan

Student-Athlete Well-Being

Core Resources

- [Athletes for Hope](#)
- [Athlete Mental Health Company](#)
- [Support for Sport](#)

Recommended Reads

- *Grit* by Angela Duckworth
- *Mindfulness for Student Athletes* by Gina Biegel & Todd Corbin

International Coaches & Student-Athletes

Resources

- [USA Citizenship and Immigration Services](#)
- [Visa Guide World](#)
- [Sherrod Sport Visas](#)

Explore Further

Podcasts

- Harvard Kennedy School: Carr Center for Human Rights Policy: [Justice Matters](#)
- Spotify: [About Race](#)
- Spotify: [Intersectionality Matters](#)
- Spotify: [While Black](#)
- Unbothered Network: [Jemele Hill is Unbothered](#)

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