



## 2023 ATHLETE LEADERSHIP TRAINING SCHEDULE

In Special Olympics Athlete Leadership, we partner with athlete leaders to educate people about the abilities of our athletes, provide leadership and skills training for athletes to be successful and support them in leadership roles inside and outside the movement.

Athletes interested in learning more about Athlete Leadership are invited to participate in the **Introduction to Athlete Leadership** and **Understanding Leadership** core classes. Upon completion of these 2 modules, athletes are credentialed as [Athlete Leaders](#).

They will have the opportunity to build on these foundational classes with the 5 Advanced Leadership modules: **Understanding Emotions, Managing Time, Engaging with Others, Leadership Discussions, and Unified Leadership**. Upon further completion of these short modules, athletes have a [Certified Athlete Leader](#) endorsement. Additional benefits and opportunities become available for athletes that take the initiative to further develop their leadership skills.

### INTRODUCTION TO ATHLETE LEADERSHIP

This course is an overview of what it means to be an athlete leader. It serves as a guide to help athletes make decisions about their future roles and training in athlete leadership using interactive exercises. This course should be taken prior to any other courses.

### UNDERSTANDING LEADERSHIP

This module takes you through the next step of discovering who you are as a leader and recognizing the value you bring as you continue your leadership journey. It will cover the definition of leadership, behaviors of great leaders, and introduces six basic leadership skills that are incorporated throughout other modules. These skills are communication, decision making, adaptability, relationship building, action focus, and continuous improvement. This course is should be taken along with Introduction to Athlete Leadership course.

### SPECIAL OLYMPICS LEADERSHIP ROLES

<b>ATHLETE SPOKESPERSON</b> <i>Formerly Global Messenger</i>	<b>ATHLETE REPRESENTATIVE</b>	<b>HEALTH MESSENGER</b>	<b>EVENT COORDINATOR</b>	<b>SPORT LEADER</b>
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## 2023 UPCOMING CLASSES

### INTRODUCTION TO ATHLETE LEADERSHIP *\*Pre-requisite course for Athlete Leader endorsement*

Monday-Tuesday  
September 25-26

6:00pm-8:00pm CT

Registration link:

<https://soill.zoom.us/meeting/register/tZYvfu-opj8vH9xvPFx2A9lqH7-IKAbjlw2J>

### UNDERSTANDING LEADERSHIP

*\*Pre-requisite course for Athlete Leader endorsement*

Monday – Tuesday  
October 23-24

6:00pm – 8:00pm CT

Registration link:

<https://soill.zoom.us/meeting/register/tZUfce6orDqtHtiCRSHkS0NQ70Vu-KX1UsS>

**ADVANCED LEADERSHIP MODULES (Required for Certified Athlete Leader endorsement)**

<b>Understanding Emotions</b> 	In this module, athletes learn the importance of recognizing and managing emotions to build and maintain good relationships.	TBA
<b>Managing Time</b> 	MANAGING TIME explores the importance of effective time management through establishing goals, prioritizing, and organized planning.	TBA
<b>Engaging with Others</b> 	In ENGAGING WITH OTHERS, athletes learn how to interact with individuals and teams more effectively.	TBA
<b>Leading Discussions</b> 	This module focuses on collecting input from peers and engaging in and leading conversations as well as listening to feedback and comments and summarizing them into themes and common ideas.	TBA
<b>Unified Leadership</b> 	UNIFIED LEADERSHIP provides an overview of Special Olympics unique approach to developing leaders. This module prepares athletes to be advocates and learn how to be a Unified Leader inside and outside Special Olympics.	TBA

**SPECIAL OLYMPICS LEADERSHIP ROLES**

ATHLETE SPOKESPERSON	ATHLETE REPRESENTATIVE	HEALTH MESSENGER	EVENT COORDINATOR	SPORT LEADER
Athlete leaders who are trained in public speaking and presentation skills and serve as ambassadors for the organization to help foster awareness and advocacy for the Special Olympics movement as well as the benefits they have gained through their participation and experiences in Special Olympics.	Athlete Leaders who are trained to serves as health and wellness leaders, educators, advocates and role models within their Special Olympics communities, as well as the community at large.	Represent their peers and their region to provide perspective and opinions and gather consensus that help set policy, make recommendations for improvement and introduce new ideas. Athlete Representatives Roles may include: Athlete Leadership Council, Serving on Committees or the Board of Directors.	Coming soon!	Coming soon!

**\*Mentors are encouraged to attend workshops, but it is not required. Mentors can be a parent, coach, family friend or other support person that can assist athlete in completing assignments and practicums.**