



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

We will be offering virtual training for the following 2 athlete leadership modules. These course are pre-requisites for additional trainings for athlete leadership roles i.e. Global Messenger, Sport Leader, Health Messenger, Event Coordinator and Athlete Representative and personal and professional skill development modules. Upon completion of these two modules, athletes will be Athlete Leaders (see diagram on back).

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.

COURSE	HOST	DATE	TIME	REGISTRATION LINK
INTRODUCTION TO ATHLETE LEADERSHIP				
OPTION 1:				
Introduction to Athlete Leadership	SOILL	Monday-Tuesday October 12-13	530pm-7pm CST	https://www.surveymonkey.com/r/IntroductionandUnderstanding
OPTION 2:				
Introduction to Athlete Leadership	SOMD	Friday, November 6th and Saturday, Nov 7 th	5:00-7:00pm EST 10:00am – 1pm EST	https://www.surveymonkey.com/r/IntroductionandUnderstanding
UNDERSTANDING LEADERSHIP				
OPTION 1:				
Understanding Leadership	SOILL	Monday – Tuesday October 26-27	5:30pm – 7pm CST	https://www.surveymonkey.com/r/IntroductionandUnderstanding
OPTION 2:				
Understanding Leadership	SOMD	Saturday, November 14 th	10:00am – 1:00pm EST	https://www.surveymonkey.com/r/IntroductionandUnderstanding

Athlete Leadership

Leadership and Skills Curriculum Overview



CORE MODULES

ATHLETE LEADER



In **INTRODUCTION TO ATHLETE LEADERSHIP** athletes learn the three principles of athlete leadership, including Unified Leadership, and begin to explore what leadership roles they are interested in.



The **UNDERSTANDING LEADERSHIP** shares 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.

ADVANCED LEADERSHIP MODULES



In **UNDERSTANDING EMOTIONS** athletes learn the importance of recognizing and managing emotions to build and maintain good relationships.



MANAGING TIME explores the importance of effective time management through establishing goals, prioritizing, and organized planning.



In **ENGAGING WITH OTHERS** athletes learn how to interact with individuals and teams more effectively.



LEADING DISCUSSIONS 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.



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.

CERTIFIED ATHLETE LEADER

SPECIAL OLYMPICS ROLES

The **SPECIAL OLYMPICS ROLES** modules are designed to provide athletes with an overview of what to expect from each of the leadership roles and learn knowledge and skills associated with that role.

PERSONAL AND PROFESSIONAL DEVELOPMENT

The modules in the **PERSONAL AND PROFESSIONAL DEVELOPMENT** focus on life skills needed to succeed in any leadership role in Special Olympics, the community or the workplace.