

# ATHLETE LEADERSHIP



## 2022 Athlete Leadership Modules

Leadership Modules are Athlete Leadership trainings that focus on specific skills. They will be once a month on Zoom for 1 hour.

Modules are open to anyone to take. This is an opportunity to grow your skills to work toward your leadership goals.



**REGISTER HERE:** <https://us02web.zoom.us/j/89215761098>

| DATE              |  | MODULE                                      | DESCRIPTION   |
|-------------------|--|---|---|
| Jan 11<br>5:00 PM | A black and white icon of a checklist with three items, each with a checkmark. | <b>Managing Time</b>                        | Explore the importance of effective time management - establish goals, prioritize, and purposeful planning. |
| Feb 8<br>5:00 PM  | A black and white icon of a megaphone.   | <b>Advocacy</b>                             | Learn how to advocate for yourself and how to share your story to make change.                              |
| Mar 8<br>5:00 PM  | A black and white icon of a heart with a pulse line.                           | <b>Wellness – Intro to Health Messenger</b> | Learn about nutrition and wellness! This is a great first step to becoming a Health Messenger.              |
| Apr 12<br>5:00 PM | A black and white icon of an envelope with an @ symbol.                        | <b>Email Basics</b>                         | Learn how to use email to communicate as a leader.  |
| May 10<br>5:00 PM | A black and white icon of a simple smiley face.                                | <b>Understanding Emotions</b>               | Explore the importance of recognizing and managing emotions to build and maintain relationships.            |
| Jun 14<br>5:00 PM | A black and white icon of a smartphone with social media symbols.              | <b>Social Media</b>                         | Learn the basics of social media and how to support SOWA as a leader on social media.                       |

With questions and concerns contact Leah Shaffner  
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