

ATHLETE LEADERSHIP TRAININGS



Introduction to Athlete Leadership & Understanding Leadership

These two core modules are the foundation of Athlete Leadership and are required before taking the advanced trainings. Any Athlete Leader interested in growing leadership skills should start here.



Introduction to Athlete Leadership

- Overview Special Olympics and Leadership
- Learn about leadership roles
- Set your leadership goals



Understanding Leadership

- Basic leadership skills
- What makes a good leader
- Plan a practicum project to practice skills

After these trainings, athletes are prepared to...



Serve as leaders in their community



Work toward leadership goals



Take advanced Athlete Leadership trainings

See the [SOWA Events Calendar](#) for upcoming trainings.