

ATHLETE LEADERSHIP TRAININGS



Leadership Training Tracks



Introduction to Athlete Leadership
(spring and fall virtually)



Understanding Leadership
(spring and fall virtually)

Elective Leadership Modules - 3 Required
(virtually once a month)

Health Messenger
(fall in-person)



Governance
(spring in-person)



Ambassador
(fall in-person)



Sport Leader
(coming 2023)



And More!



Capstone Training and Project
(coming 2023)

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

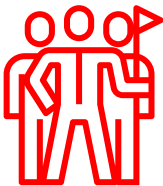
- Overview Special Olympics and Leadership
- Learn about leadership roles
- Set your leadership goals



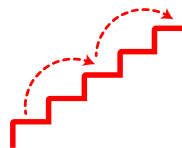
Understanding Leadership

- 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.

ATHLETE LEADERSHIP TRAININGS



Health Messenger

A Health Messenger is an athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their community.



Training Topics

- Fitness, nutrition, and emotional health
- Communicating health needs
- Community public health systems
- How to advocate

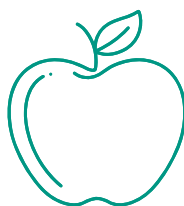
Who should take this training?

This training is for athletes interested in improving their personal health and educating their team and community about health and wellness. This is an advanced training and includes completing a leadership practicum.

After these trainings, athletes are prepared to...



Be a
spokesperson



Be a healthy
habits leader



Be a fitness
leader

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

ATHLETE LEADERSHIP TRAININGS



Governance

The Governance Training prepares athletes to be representatives. Athlete Representatives help set policy, make recommendations, introduce new ideas, and make changes to improve programming.



Training Topics

- How to prepare for and behave in meetings
- Facilitating conversations
- Athlete Leadership Councils (ALCs)
- Committee and Board of Directors

Who should take this training?

This training is for athletes interested in taking on larger leadership roles on ALCs, in sitting on committees or boards, and it is a requirement for all State ALC members. This is an advanced training and includes completing a leadership practicum.

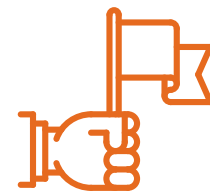
After these trainings, athletes are prepared to...



Lead on Athlete Leadership Councils



Participate on boards and committees



Represent Special Olympics Washington

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

ATHLETE LEADERSHIP TRAININGS



Ambassador

The Ambassador Training prepares athletes to be spokespeople for Special Olympics Washington. Ambassadors represent the organization to the community and spread the inclusion mission.



Training Topics

- Understand Special Olympics Washington programs and goals
- Developing and sharing your story
- Public speaking and presenting

Who should take this training?

This training is for athletes interested in representing the organization. Ambassadors are interested in public speaking and community outreach. This is an advanced training and includes completing a leadership practicum.

After these trainings, athletes are prepared to...



Be a
spokesperson



Host or lead
and event



Community
outreach

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