

Empowering Women in Coaching and Athletic Administration

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Welcome

Our Why:

Empowering women ensures stronger teams, better role models, and more inclusive athletic communities.

Our How:

Explore real challenges such as bias, perception, and work-life balance, while highlighting the strengths women bring to leadership.

Our What:

- ✓ Strengthen female representation and leadership voice across all levels of athletics.
- ✓ Build mentorship and support networks.
- ✓ Foster a culture where women lead, collaborate, and inspire.

Paving the Way: Women Who Inspire

Quote Cards

Name / School / Years of Experience

Name a woman in athletics or leadership who inspired you—and why



Share Out & Celebrate Each Other

Share your Superwoman stories

Celebrate connections and inspiration



Session Goals

- ✓ Explore strategies to empower and support women in athletic leadership
- ✓ Identify challenges and opportunities at all levels
- ✓ Commit to actionable steps for change



Empowering Women in Action

Empowerment across four levels:

1. Student-Athletes
2. Local School
3. Districtwide
4. Statewide



What does empowering women in coaching and athletic administration actually look like in action?

Voices of Leadership Showcase

Overcoming Barriers to Representation

Bias in Hiring

Apprehension / Confidence Gap

Perception of Authority

Work/Life Balance



Why does representation matter for student-athletes, programs, and policies?

Leadership Qualities of Women

**“Empowered women don’t compete.
They collaborate, they create, they conquer.”**

What leadership
qualities should be
more visible or
valued by women
in athletics?



Take Action – From Conversation to Action

Initiatives:

- Women in Leadership Group
- Aspiring AD Seminar
- AD Group Chat
- HS–MS Mentoring
- Panther Cubs Interns



Coco Gauff and Serena Williams

“Every woman success should be an inspiration to another. We are strongest when we cheer each other on.”

~ Serena Williams

Commitment & Closure

What is one commitment you will make personally or professionally to empower women in athletics?

For Example:

Create a mentor network between high school and middle school women.

“Empowering women is key to building the future we want.”

– Amartya Sen

Commitment & Closure

