

Developing Female Athletes into Future Leaders

**Sunday, December 17th, 2023
10:00AM-11:00AM**

Barbie

WOMEN IN SPORTS

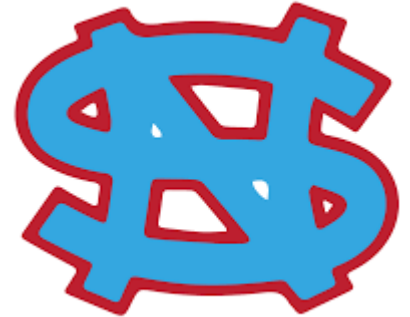
CAREER OF THE YEAR 2023



Welcome!

Jean Kinn Ashen, CMAA

North Salinas High School
Salinas, CA



Welcome!

Rebecca Moe, CAA

University Prep (UPrep)
Seattle, Washington





Check-In Activity: 4 Corners

1



Documentary

Action



3

Make your choice and move to that corner of the room.

2



Scary

Comedy



4



Partner Share

Find a partner in your same corner.

Respond to this question:

Why is this topic important to you today?



1



Tropical Island

2



Staycation

Big City



3

Make your choice and move to that corner of the room.

Mountains



4



Partner Share

Find a partner in your same corner.

Respond to this question:

How would you describe a great leader?





Facts: What we Know

#1—Women who played **competitive sports** in their youth are more likely to be in leadership or management roles.



Facts: What we Know

#2—**85% of women** surveyed who played sports share that the skills they developed were important to their careers.



Facts: What we Know

#3–The top skills gained from competitive sports include **teamwork, leadership, managing stress and pressure, problem solving and effective communication.**



Facts: What we Know

#4—A **critical leadership lesson** learned through sports – You don't have to be the best player on the field to become a leader.



Facts: What we Know

#5-Sports provides young women the **confidence** to be heard, seen and respected in many male-dominated professional spaces - **sports is an equalizer.**



Facts: What we Know

#6-Dealing with high pressure situations at young age through sports is **beneficial** to career and leadership development and growth



When Women Lead

— — —

Increased Productivity

Enhanced collaboration

Inspired organizational dedication

Improved Fairness

Association (3/23)

*American Psychological

Framework

How to help advance more women into leadership



Identify potential leaders early.



Establish mentorship and sponsorship programs.



Support women in joining women-led professional organizations.



Focus on allyship.



IDENTIFY potential leaders **early**

Look for signs of leadership on all teams

Freshman outreach (Summer Bridge incoming frosh)

Offer leadership opportunities for females–NFHSLearn courses

Student Leadership–Becoming a Leader

Student Leadership–Leading Others



ESTABLISH mentorship and sponsorship programs

Mentorship . . .

**a relationship of connection, commitment of time and energy.



ESTABLISH mentorship and sponsorship programs

Sponsors are . . .

CHAMPIONS

SUPPORT females in joining women-led professional organizations

The third full week of October is observed as National Business Women's Week as a salute to the achievements of all working women. (WA-Rebecca:)) <https://www.bpwwa.org/natl-business-women-week/>





ALLYSHIP as a focus

- *Lifelong process
- *Advocate
- *Progress





Develop an **ACTION PLAN**

Q: What is one action YOU can take to develop female athletes into future leaders???

Turn to a neighbor and share an idea.





TOOLBOX

“Getting a seat at the table is not enough. It’s time for women and diverse leaders to be at the head of the table in leadership roles if we’re going to have a future moving forward together.” Jean Lau Chin, EdD

REFLECT

PRACTICE

DISCUSS

ACTION

HAPPY HOLIDAYS & SAFE TRAVEL

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