



LEADERSHIP 101

Athlete Leadership Development Course

Duration: 8 Weeks

Format: Hybrid (Self-Paced + Live Zoom Sessions)

Target Audience: Athletes ages 13-18 from all sports and competition levels

Contact Info: Dan Mickle - Info@SoulPerformanceAcademy.com

Course Description

Leadership is not reserved for team captains or the loudest athlete on the team. Leadership is a skill that can be learned, developed, and practiced every day.

Leadership 101 is designed to help athletes build confidence, communication skills, accountability, self-awareness, resilience, and influence. Through weekly lessons, journal activities, practical challenges, and live discussions, athletes will learn how to become stronger leaders both on and off the field of play.

Course Objectives

By the end of this course, athletes will be able to:

- Understand different leadership styles
- Improve communication skills
- Build confidence in leadership situations
- Develop accountability and responsibility
- Handle conflict and adversity more effectively
- Lead through actions and behaviors
- Influence teammates positively
- Create a personal leadership development plan

Course Format

The course consists of:

- Weekly online lessons
- Leadership Journal activities
- Reflection assignments
- Practical leadership challenges
- Live Zoom sessions every other week
- Recorded sessions for later viewing



LEADERSHIP 101

Course Expectations

Athletes are expected to:

- Complete weekly lessons
- Participate respectfully
- Complete journal reflections
- Attend live sessions when possible
- Apply concepts to their sport and daily life

Course Materials

To get the most out of Leadership 101, athletes should have reliable internet access, a device capable of viewing course content and attending Zoom sessions, access to all course downloads and resources, and a dedicated personal journal. While digital note-taking is acceptable, athletes are **strongly** encouraged to use a bound journal, such as a Moleskine-style notebook or similar hardcover journal, throughout the course. Writing by hand often promotes deeper reflection and helps create a consistent leadership habit. This journal will serve as a place to record thoughts, observations, goals, challenges, action plans, and personal growth throughout the program. Athletes should keep their journal readily available during lessons and bring it to all live Zoom sessions, as it will become an important record of their leadership journey over the eight weeks.

Parent Information

Parents are encouraged to support their athlete's growth by asking questions about lessons and encouraging reflection. Leadership development is most effective when athletes are allowed to think, process, and apply concepts independently.

Contact Information

Questions regarding the course may be directed to:

Dan Mickle

Info@SoulPerformanceAcademy.com

Final Note

Leadership is not a title. Leadership is a choice made every day through actions, attitudes, and interactions with others. The goal of this course is not to create perfect leaders, but to help athletes become more intentional, confident, and effective leaders in every area of life.



LEADERSHIP 101

Course Schedule

Week 1: What Is Leadership?

Understanding leadership myths and realities.

Week 2: Knowing Yourself First

Self-awareness, values, strengths, and weaknesses.

Week 3: Communication Matters

Speaking, listening, and influencing others.

Week 4: Confidence and Courage

Leading despite fear, uncertainty, and mistakes.

Week 5: Accountability and Responsibility

Owning your actions and building trust.

Week 6: Handling Conflict and Difficult Conversations

Managing disagreements and challenging situations.

Week 7: Leadership Through Service

Supporting teammates and creating positive culture.

Week 8: Building Your Personal Leadership Plan

Creating a long-term strategy for continued growth.