

Advocating for Yourself as a Student Athlete

Leadership & Communication for Athletes

Knowing how to speak up, lead, and advocate for yourself builds trust and presence on and off the field.

Navigating team dynamics, communication, and expectations can be tricky. This workshop equips student-athletes with the tools to effectively communicate, self-advocate, and build healthy, productive relationships within their sports environment.

Athletes Learn How To

- Work effectively with coaches, teammates, athletic staff, and parents
- Advocate for themselves in a way that's positive, clear, and respectful
- Use simple strategies to manage team dynamics and communication
- Develop leadership skills that help them stand out for the right reasons

Workshop Details

Duration: 1 hour

Cost: \$30 per participant

Minimum group size: 5 athletes

Available in person (Connecticut) or online nationwide

Great For

- High school or collegiate teams
- Athletic programs and clubs

**Request a
Workshop**

