

# WOMEN IN SPORTS WEBINAR



Today's  
Webinar Creator  
**Donnita Rogers**  
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One of my shortest teams to win a conference championship

**Believe in yourself. You are braver than you think, more talented than you know and capable of more than you imagine.**

Roy T. Bennett

**MIND** **BODY** **SOUL**

## MAKING THE MOST OF THIS OFF-SEASON

**CHECK YOUR REFLECTION REEVALUTE YOUR GOALS** **THE PURPOSE OF THE OFF-SEASON**



Prior to social distancing, some of us may have been a little more preoccupied with our reflections than others. Today, I am going to ask you to take up your mirror (figurately speaking) and take a deeper look at your reflection. Do you like what you see? What areas need improvement?

**List three positive things that have come out of this time of social distancing for you personally?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The three general training phases of the collegiate student athlete:

**Pre-season**

- Marked by intense strength and conditioning training
- Intense practices
- Preparation for the season
- Team Bonding

**In season**

- The length of practices tapers down
- Strength and conditioning maintenance
- More emphasis on stretching, rest and nutrition
- Increased travel due to competitions

**Off-season**

- Rest and recover phase
- Set goals for the upcoming season
- Strength and conditioning training
- Develop new skills
- Work on Weakness

**The strict quarantine measures implemented to mitigate exposure to this deadly virus have brought competition and training as we know it to a screeching halt. What are you doing during this mandated off-season to prepare for your success post-COVID 19? Let's look at how we can use this time of isolation to change the course of our future!**

**MIND** **BODY** **SOUL**

1. Commit to life-long learning
2. Find a hobby or activity that challenges you mentally
3. Read
4. Challenge yourself
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

1. Adequate rest
2. Exercise
3. Commit to your off-season training program
4. Work on your weaknesses
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

1. Devotional/Quiet time
2. Follow a group or person on social media that focuses on encouragement or positive thought-provoking quotes
3. Journaling
  - \*Thoughts and feelings
  - \*Prayers
  - \* Personal Action Items
4. \_\_\_\_\_
5. \_\_\_\_\_

**Just because you haven't seen it doesn't mean it can't exist. Make it happen!**

Donnita Rogers



Do you see yourself in a career or creating a business that you have never seen before?

Are you afraid to take a path that hasn't been walked on yet?

**Embrace being the first!**

# SHARPENING MY VISION

## DEFINING YOUR GOALS

Success starts with a dream or vision. Do you know where you want to be in one year? Five years? A decade? Are you struggling with finding your purpose?

Your purpose in life is usually connected to your gifts and talents. *Share some examples*

1. List 2-3 gifts or talents that God has given you.
  - \*
  - \*
  - \*
2. What is your major? \_\_\_\_\_
3. Is there a connection between your major and the gifts and talents that you listed in question #1? If so, explain.
4. List three personal goals you want to accomplish during this COVID-19 Off-Season:
  - \*
  - \*
  - \*
5. List three academic goals that you want to accomplish during this COVID-19 Off-Season.
  - \*
  - \*
  - \*
6. List three athletic goals that you want to accomplish during this COVID-19 Off-Season.
  - \*
  - \*
  - \*
7. What resources do you need to accomplish these goals?
8. If you didn't have to worry about money, what job would you do for free?

### Soft Skills Development

Go to the website below and read "*Top Soft Skills that Employers Value With Examples*"

<https://www.thebalancecareers.com/list-of-soft-skills-2063770>

- Accepting Feedback
- Collaboration
- Managing Difficult Conversations
- Managing Remote/Virtual Teams & Meetings
- Logical Thinking
- Problem Solving
- Thinking Outside the Box
- Desire to Learn
- Flexibility
- Tolerance of Change and Uncertainty
- Resourcefulness
- Communication Skills
- Public Speaking
- Persuasion
- Making Informed Decisions
- Reading Body Language
- Presentations
- Dealing with Difficult Personalities
- Diversity Awareness
- Influence
- Networking

**Highlight Your Strengths & List Your Weaknesses Below:**

## PROFESSIONAL GOALS:

1. **Find a Mentor in Your Field**
2. **Study Top Women in Your Career Field**
3. **Preparation for Opportunities Starts Now**
4. **Read at Least One Leadership Book per Semester**
5. **Read Articles in Your Field of Interest**
6. **Begin Working on Your Professional Wardrobe Now**
7. **Update Your Resume Every Six Months**
8. **Volunteer or Complete Internships in Your Field to Gain Valuable Experience**
9. **Professional Memberships**

## Servant Leadership

1. List and describe your last volunteer activity or a time when you last served others.
2. Why is servant leadership necessary?
3. List three servant leadership opportunities that you would like to do in the next two months.

## SOUL SEARCHING

### *LEARNING TO CENTER MYSELF*

***In their hearts humans plan their course, but the Lord establishes their steps.*** Proverbs 16:9

What centers you?

**You have to be able to center yourself, to let all your emotions go... Don't ever forget that you play with your soul as well as with your body.**

*Kareem Abdul-Jabbar*

# MY VISION BOARD

Envision your  
Accomplishments

Student Athlete Goals



## PERSONAL GOALS

*Academic*

*Educational*

*Professional*

*Family*

*Self Improvement*

*Social Circle*

**List your personal goals. Find pictures to place on this portion of your vision board. Think about the action steps needed to accomplish these goals.**