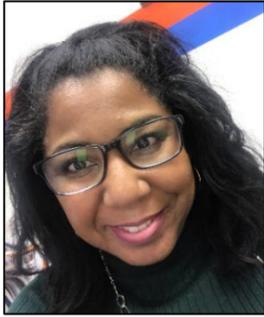


WOMEN IN SPORTS WEBINAR



Today's
Webinar Creator
Donnita Rogers
Director of Athletics
Langston University



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.