



# Women in Sport Leadership Programme

Supporting the development of female leaders working within National Governing Bodies, through interactive, online sessions.

**8 Week Online Course**  
**September 1st - October 20th 2020**  
**Tuesday's 7pm - 8.30pm**

## Course Content



- Leadership & Values
- Networking & Collaboration
- Handling Challenging Situations & Developing Resilience
- Crisis Management & Influencing in leadership
- Developing Your Personal Brand
- Wellbeing
- Change Management
- **One to one coaching in creating your own Personal Development Plan.**



## Application Process;

[swimireland.ie/membership/women-in-sport](https://swimireland.ie/membership/women-in-sport)

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