

Developing Leadership Skills

center for Presented by
SPORT AND PERFORMANCE
psychology
HELPING YOUR CHILD Be Mentally Strong

How to help your athlete become a better leader

It's important for adult leaders and parents to specifically describe examples of good leaders to young people so they can begin to recognize and adopt appropriate behaviors

An excellent way to encourage and practice leadership development is to allow young people to teach their peers and other younger kids

To help students learn leadership, they must be given the opportunity to reflect on their leadership behaviors through caring conversations with adults

Adults can help students learn leadership by providing them with examples of problems and discussing with them the best resolutions

Adult leader feedback and guidance are critical components to developing leaders

Gould, D., Voelker, D., & Blanton, J. (2013) Future Directions in Youth Leadership Research in Sport. In R. Schinke & S. Hanrahan (eds) Sport for Development, Peace, and Social Justice. Fitness Information Technology: Morgantown, WV

The Center for Sport and Performance Psychology at Minnesota State Mankato works with athletes, exercisers, coaches, artists and professionals to help them gain the confidence and motivation they need to overcome barriers, refine their focus and prepare to face challenges at any level.

For more information about The Center for Sport and Performance Psychology
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