

SPORT LAW



Sport Leaders Retreat

Coaches and Technical Leadership
Edition

IGNITE YOUR INNER GAME

October 2021

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INTRODUCTION

IGNITE YOUR INNER GAME

The world needs more conscious and values-driven leadership to work through the complexities of living, leading and coaching in the 21st Century. We believe the sport coaches and technical leaders have a moral obligation to bring more consciousness to their coaching practice.

In so doing, they can model a way of being that can be a force for good. Conscious Coaching is a revolutionary and impactful coaching and leadership approach implemented by some of today's most effective sport coaches and leaders.

Beyond the technical and tactical areas of focus, individuals are being called to lead with greater skill and compassion as there is growing appreciation that our inner development contributes greatly to peak performance in work and in life.



Join us to learn the most important neuroscience-backed inner skills that the next level of leadership requires.

EXPAND AWARENESS. MAXIMIZE IMPACT. INSPIRE HEALTHY ALLIANCES.

WHY REGISTER

THE EXPERIENCE

Why

There are so many complexities in sport today. The teachings and learnings that we've relied on as coaches and leaders is insufficient to get us to where we want to go. Conscious Coaching invites sport coaches and technical leadership to become more self-aware by noticing what gets in the way ... the distractions and limiting beliefs that can keep us stuck. Sport needs leaders who can support and inspire healthier cultures where the individual's needs are met so that the collective can thrive. Sport needs leaders who are equipped to deal with the complexities of coaching the 21st century athlete. This leadership program has been designed to support coaches and technical leadership who are longing to learn new ways of creating extraordinary partnerships.

Beyond the technical, tactical, physical and mental aspects of sport, we believe there is another dimension; the "5th Dimension" of the intra and interpersonal realms – or the extraordinary space that is cultivated when a healthy alliance is nurtured among groups. This is where we'll play during our time together. You'll begin to get to know yourself in a way that will hone your skills to strengthen supportive, healthy and sustainable relationships with the athletes you coach and the people you lead.

Who is this for?

The **Sport Leaders Retreat** is for coaches and technical leaders who value growth and development. We welcome any individual willing to invest in their future and the future of sport.

It's for people who want to take their love of supporting others in the achievement of their highest goals to the next level. This program is for people who are serious about the coaching profession, scaling impact and leaving a legacy.

Are you...

- Looking for inspiration and to reconnect to your "why" as a leader and coach?
- Longing to grow your own inner awareness in order to become a more integrated coach or leader and have a vision to make a bigger impact in the sport world?
- Yearning to connect with like-minded coaches and technical leaders who are also self-actualizing?
- Wanting to work through a leadership topic or challenge?
- Curious about how to lead in a dynamic new environment that is demanding a shift in how we approach others from a more humanistic and embodied way?
- Committed to proactively tackle the current disruptive forces that keep us polarized?
- Currently coaching professionally at a local university/college, provincial or national level or working as a High Performance/ Technical Leader?

We're looking for motivated individuals committed to positive change through sport ... people who are longing for a better way to lead and coach ... people who want to bring elevated levels of consciousness into their work ... and people who are ready to challenge outdated mindsets.

We need to create brave spaces to help sport thrive. And we need brave coaches and leaders to join us.

WHAT WE'RE OFFERING

Through this virtual **Sport Leaders Retreat: Coaches and Technical Leadership Edition**, individuals will:

- **Develop A Strong Inner Game –** Increased self-awareness of who you are and how you show up for your athletes through the NOVA Profile Assessment Tool. Create a new way to be in relationship with yourself, your athletes and the people in your life.
- **Be a Leader From The Inside-Out –** Become deeply attuned and aligned to your personal values, purpose and the work you do on the field of play and beyond in order to more effectively create and lead your teams. Build emotional intelligence and the capacity to lead with authenticity and heart.
- **Positively Transform People's Lives –** Understand that leadership is about serving and following a calling to positively transform the lives of individuals.

As well, you will:

- Identify a leadership topic that you want to explore more intentionally and formalize this through a coaching program, with metaphors to support your transformation
- Participate in group discussions during our virtual leadership huddles and walk away with practical tips that you can practice in between sessions
- Work through 'real life' situations and strengthen your understanding of the NOVA Profile in the company of other sport coaches and technical leadership in between our group sessions
- Learn how to communicate in a manner that respects your preferences and that of others
- Learn how to cultivate high trust environments and find creative ways to bring people together

- Discuss diversity, equity, inclusion and belonging in the context of coaching the 21st century athlete
- Identify ways to deal with conflict in a healthier and more inclusive manner
- And so much more ... many of the gems will be co-created throughout our time together

Sport coaches and leaders have enormous power to shape the lives of athletes. A strong inner game generates a quality of presence that keeps you open, curious and resilient. Developing your own life skills is the next step in becoming the leader your athletes will want to follow.

This requires coaches and leaders to take an in-depth look at four key questions:

1. Why do I lead or coach?
2. Why do I lead or coach the way I do?
3. What does it feel like to be led or coached by me?
4. How do I define success?

What you'll need:

- Dedicated and focused time to reflect on yourself, your leadership style, and how you want to develop
- An open and curious mind, a compassionate heart, commitment to learn, and a willingness to support others

What is the impact you want to have and the legacy you want to leave behind?

WHAT YOU'LL RECEIVE

What you'll receive

- The NOVA Profile Psychometric Survey
- 2 x 1:1 Individual Coaching Sessions
- 5 x 4-hour Live Virtual Group Learning Sessions
- Welcome Integration Guide to acclimate you to this leadership experience
- Relevant readings to support your exploration throughout the program
- Focus practices to play with during and in-between sessions
- Facebook community to share, exchange, and stay connected
- The Connected Closure Guide to support you in using the skills in your real-life coaching experience

Welcome Care Package to include:

- Your customized NOVA Profile psychometric results
- NOVA communications card
- Your dominant colours bracelets
- A Leadership Journal and pen
- True Sport swag
- Dina Bell-Laroche's book "Values in Action: Igniting passion and purpose in Canadian Sport Organizations"

You will learn and grow from each other's contributions, walk away inspired to tackle your leadership challenges through fresh eyes and a renewed sense of possibility, and feel more connected to your own beautiful soul. This will be transformative!

We look forward to welcoming you into this leadership experience.

Program Begins: January 7, 2022

- **1:1 Private Coaching Sessions with Lauren Brett, Integral Coach** – completed in November/December 2021
- **5 x 4-hour Group Sessions – Fridays:** January 7, 14, 28, February 11 + 25, 2022 (11 am – 3 pm ET)
 - **Quest #1:** January 7, 2022 – *Connecting as a group:* Setting the conditions for our experience, values and purpose-walking your "why" (4 hours)
 - **Quest #2:** January 14, 2022 – *Reaching Base Camp:* Learning about high trust relationships, understanding your own leadership style and deep-rooted motivations (4 hours)
 - **Quest #3:** January 28, 2022 – *Exploring Our Surroundings:* A deeper exploration of our behavioral styles, personality styles and communication preferences (4 hours)
 - **Quest #4:** February 11, 2022 – *Surveying Our Current Leadership Landscape:* An exploration of courageous conversations and appreciating the distinction between generative tension, unnecessary conflict, and maltreatment (4 hours)
 - **Quest #5:** February 25, 2022 – *The Return Home:* Designing alliances, grief and loss literacy, what I've discovered, how I've changed, setting my intention for ongoing development and growth; commitment to leading with values (4 hours)
- **1:1 Private Completion Coaching Sessions with Lauren Brett, Integral Coach** – A 1:1 conversation with your guide Lauren to integrate learnings and complete the journey completed in February/March 2022 (1 hour)

The Investment:

\$3000 \$2500 + HST
Inaugural Event Special Offer

WALK AWAY INSPIRED TO TACKLE LEADERSHIP CHALLENGES

HOW TO REGISTER

Who is your Team Lead?

Lauren Brett will be 'in it' with you ... guiding you through the crevices ... and providing you with a refreshing way to resolve our leadership challenges. Lauren believes this kind of leadership development is what is needed to sustain us during these dark times ... a more humanistic approach to life and leadership ... a more whole-hearted approach to restore us once the pandemic is behind us. Lauren is a former national team athlete and award-winning sport coach who has spent the past three decades honing her own leadership skills. As an accredited Professional Coach with the International Coach Federation, Lauren is uniquely positioned to serve as your guide throughout this program.

To learn more about Lauren Brett, click [here](#).

How do I apply?

Deadline to apply is **November 26, 2021**. Please send an email indicating your interest in this program to Lauren at llb@sportlaw.ca. An application will be sent to you.

A non-refundable deposit of \$500.00 is required to secure your spot, by **November 26, 2021**. The remaining balance will be due on **December 17, 2021** (alternative arrangements can be made if required).

Questions?

Click [here](#) to email or schedule a call with Lauren.

The **Sport Leaders Retreat: Sport Coaches and Technical Leadership Edition** was inspired by the lessons learned from the Sport Leaders Retreat – a leadership experience that was launched in 2017 by Sport Law Founder Dina Bell-Laroche in collaboration with the Canadian Centre for Ethics in Sport. Since that time, dozens of sport leaders have taken the leadership training and have expressed their appreciation for the transformative impact it has had on them personally and professionally. Sport leaders indicated that sport coaches and technical leaders could benefit from something similar, and we heeded their advice.

**Are you ready to
take your
coaching to the
next level?**

Contact Lauren Brett to start your leadership transformation:

llb@sportlaw.ca

ABOUT SPORT LAW

OVERVIEW

Founded in 1992, Sport Law is a team of professional consultants who are passionate about making a difference in sport. Our dedicated consultants have years of experience working within the sport sector and provide exceptional sport management, leadership development and governance services including organizational reviews and audits, strategic and operational planning and evaluation, communications and crisis management, cultural transformation and Integral Coaching, risk management, dispute resolution, policy development, legal issues, safe sport implementation, stakeholder engagement, human resources, and so much more. Sport Law is the one stop shop for sport organizations who want to elevate their business performance through humanistic leadership practices.

MISSION

Our Mission is to support sport leaders in achieving clarity and purpose.

VISION

Our Vision is to elevate sport.

VALUES



EMPATHY

- We care about our clients and the achievements of your goals.
- We are committed to elevating sport.
- We believe that healthy, human sport strengthens communities.



DELIVERY

- We go the extra mile to find simple solutions to complex situations.
- We support our clients in resolving challenges.
- We get the job done on time and within budget.



STEWARDSHIP

- We act as catalysts to inspire our clients, challenge conventional thinking, and push boundaries.
- We establish high-trust and enduring relationships to bring clarity and purpose to sport organizations.
- We use legal knowledge and deep wisdom to provide customized and sustainable solutions.

"The Sport Leaders Retreat was the single most significant and beneficial professional development opportunity I've had the chance to engage in thus far. Inspiring and filled with profoundly invaluable insights.... This is exactly what our sector and community need much more of. It should be a must for all sport professionals and leaders in Canada."

– Olivier Pineau
Executive Director, Karate Canada



WWW.SPORTLAW.CA

We are experts in law and leadership.
Let's resolve your challenges and realize
your vision together.

