

SPORT LAW



Sport Leaders Lab

EXPAND POTENTIAL. LEAD WELL.

FALL 2026

A multi-month, practice-based leadership experience for sport leaders who are ready to expand their presence, capacity, and impact in an increasingly complex sport landscape.

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INTRODUCTION

WHY THIS EXISTS

WHY...

Sport has long invested in developing technical expertise and performance excellence.

Yet many leaders enter leadership roles without structured support for the human side of leadership – understanding themselves under pressure, influencing others effectively, and sustaining their capacity over time.

Sport Law has been in the business of leadership development for decades. The Sport Leaders Lab builds on the proven foundation of the Sport Leaders Retreat – launched in 2017 and taken by dozens of sport leaders across the country – and evolves it into something built for where sport leadership needs to go next.

ARE YOU...

- Looking for inspiration and to reconnect to your "why"st as a leader?
- Longing to grow your inner awareness in order to lead with greater skill, compassion, and clarity?
- Carrying responsibility – and sometimes exhaustion – and seeking expansion, not permission?
- Wanting to work through a real leadership challenge with peers who understand your world?
- Curious about how to lead in a dynamic environment that demands more of you as a human being?
- Committed to bringing more consciousness, courage, and care into your work?
- Ready to be challenged – and supported – in equal measure?



The Sport Leaders Lab was created to fill this gap: a space where leaders can practice leadership intentionally, strengthen their internal resources, and build the steadiness required to lead strong and stay in the system.

EXPAND AWARENESS. MAXIMIZE IMPACT. INSPIRE HEALTHY ALLIANCES.

WHY REGISTER

THE JOURNEY

| | | | |
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| <p>BASE CAMP Know Yourself Understand how you lead, what drives you, and what gets in the way -- supported by the NOVA Profile and individual coaching sessions.</p> | <p>THE ASCENT Expand your Capacity Build trust, explore leadership styles and motivations, and deepen your understanding of how you and others communicate -- with peers who witness, challenge and support you.</p> | <p>THE SUMMIT Reach Higher Practice giving feedback, holding space for difficult conversations, and leading under pressure. This is where the inner work meets real life.</p> | <p>GOING HOME Return and Recommit Define how you will lead from here. Reflect on what has changed, let go of what no longer serves you, and leave with a clear commitment to the leader you are becoming.</p> |
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WHAT YOU WILL WORK ON

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| <p>INNER GAME Self-awareness, leadership identity, values and purpose</p> | <p>GENEROUS COMMUNICATIONS Feedback, difficult conversations, listening under pressure</p> |
| <p>HUMAN RELATIONSHIPS High-trust environments, influence, healthy alliances</p> | <p>EXPANDED CAPACITY Reactivity, exhaustion, sustainable leadership practice</p> |
| <p>QUALITY OF PRESENCE How you show up and the impact you have on others</p> | <p>RESOLVING CONFLICT Navigating tension, courageous conversations, resolution</p> |

WHO IS IN THE ROOM

The **Sport Leaders Lab** brings together coaches, technical directors, high performance directors, and administrators – leaders navigating the same terrain from different angles. One of the most powerful aspects of this experience is the diversity of the group itself.

Sport suffers from a chronic divide between the performance side and the system side. This program is one of the few places where leaders come to understand each other as **human beings**, not just as roles. That cross-role insight changes how you lead when you return to your own environment.

YOUR GUIDE

YOUR GUIDE

Lauren Brett will be with you every step of the climb – guiding you through the crevices and providing you with a refreshing way to resolve your leadership challenges. Lauren is a former national team rhythmic gymnast 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 Coaching Federation, she is uniquely positioned to serve as your guide throughout this program.

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

WHAT YOU RECEIVE

- Six, 3-hour virtual group sessions
- Two private coaching sessions with Lauren Brett (90 min intake + 60 min completion)
- NOVA Discovery Profile psychometric assessment
- NOVA communications card
- Values-in-Action: Igniting passion and purpose in sports organizations, a leadership book by Dina Bell-Laroche
- In-between partner practice sessions (self-guided)
- Relevant readings to support your exploration throughout the program
- A community of practice you won't want to leave
- Welcome package

Contact Lauren Brett to start your leadership transformation:
lbrett@sportlaw.ca

SESSION DATES

All sessions are held virtually, Wednesdays, 1:00 to 4:00 pm ET

| | |
|--------------------------|---|
| <i>September 2026</i> | <i>Private 1:1 intake coaching session with Lauren Brett (90 min)</i> |
| October 7, 2026 | Quest # 1 |
| October 21, 2026 | Quest # 2 |
| November 4, 2026 | Quest # 3 |
| November 18, 2026 | Quest # 4 |
| December 2, 2026 | Quest # 5 |
| December 16, 2026 | Quest # 6 |
| <i>January 2027</i> | <i>Private 1:1 completion coaching session with Lauren Brett (60 min)</i> |

THE INVESTMENT

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|-------------------------------|-----------------------|
| Early bird (by June 30, 2026) | \$2,995 + HST |
| Regular price | \$3,595 + HST |
| Deadline to apply | September 1, 2026 |
| Space | Limited – apply early |

Payment Plans are available upon request. Groups of 3 or more are eligible for group rates. Reach out to discuss.

REGISTER TODAY

Contact Lauren Brett to start your leadership transformation:
lbrett@sportlaw.ca

"The Sport Leaders Lab 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

High Performance Director, Water Polo Canada

"The Sport Leader's Lab was a truly remarkable experience. It had a transformative impact on me by providing a high trust environment for personal and professional growth while offering a unique setting to connect with other likeminded sport leaders across the country. This also allowed me to hit the reset button with a good reminder to slow down and utilize my strengths, and how to communicate effectively with a mindful, more wholehearted approach. It is a powerful and highly valuable sport leadership program."

- Jodie Bierko

National High Performance Skating Coach
and Certified Integral Professional Coach

"This retreat is something so beneficial for all sport leaders and is so needed in all sports, individual or team as there are still too many taboo subjects. While working in a high trust environment participants practice and experience different ways and approaches that helps one deal with conflict in a healthy inclusive manner. The time is now for big changes to arise on how we look at sport as a whole and deal in new "language" to help all sports move forward in a positive, inclusive, productive way. This retreat helps opens the eyes of its participants to bring a human touch to organizations."

- Sport Leaders Lab Participant

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

