

COMING FALL 2023

LEARN LIVE LEAD



WEDNESDAY,
SEPTEMBER 27, 2023

SAINT JOSEPH'S COLLEGE
OF MAINE

FEMALE ATHLETE LEADERSHIP CONFERENCE

WHAT IS THE FEMALE ATHLETE LEADERSHIP CONFERENCE?

This conference will bring together high school female athletes and coaches from across the state of Maine for a day of empowerment, mental skills, leadership training, and professional development.

We believe there is no better place than sport to learn and practice these important skills. At our organization, we thrive on that intersection of sports, mentorship, and mental health to get girls in the game, keep them in the game, and empower them to lead their peers and the next generation.

Athletes and coaches will learn about mindset and mental skills training, build out their personal game plans, and will then build a plan for creating a ripple effect and lead others on their teams and at their schools in implementing these skills.

REGISTRATION DETAILS

Each school can send up to 2 squads*
(1 squad = 1 coach & 3 athletes)

**We will maintain a waitlist*

COST

\$300 per squad

FOR MORE INFORMATION AND TO REGISTER

Visit us at faleadership.org.



GOT QUESTIONS?

Contact Founder and
Executive Director Lani Silversides at
lani@sgunitedfoundation.org.



 **SG UNITED FOUNDATION**
Empowering strong girls for life

A MAINE NON-PROFIT ORGANIZATION