

## Foundations of Women's Leadership in Sport

Acceptance and Commitment Therapy (ACT) refers to a type of psychological intervention that aims to increase psychological flexibility by teaching individuals to accept their thoughts and emotions while taking action towards valued life goals, relevant to the mental health and well-being of women in sports leadership.

Active Listening is the process of fully concentrating on and comprehending the message being conveyed by another person, which is essential for effective communication in women's sports leadership.

Adaptive Leadership is an approach to leadership that involves being flexible and adaptable in response to changing circumstances, relevant to the dynamic nature of sports management.

Advocacy refers to the act of supporting or promoting a particular cause or policy, such as gender equality in sports.

Allyship is the practice of supporting and advocating for a particular group or cause, such as women's empowerment in sports.

Androcentric refers to a perspective or approach that is centered on men's experiences and viewpoints, often to the exclusion of women's perspectives.

Assessment and Evaluation refer to the processes of measuring and evaluating the effectiveness of programs, policies, or initiatives in women's sports leadership, using metrics and benchmarks.

Athlete Development refers to the process of supporting and guiding athletes in their development, including their technical, tactical, and physical skills.

Authentic Leadership is an approach to leadership that involves being genuine, transparent, and true to oneself, relevant to effective leadership in women's sports.

Autonomy refers to the ability to make decisions and take action independently, which is essential for self-directed learning and development in women's sports leadership.

Bias refers to a prejudice or preconceived opinion that can influence decision-making and behavior, often unconsciously affecting women in sports leadership.

Board Governance refers to the processes and structures used to oversee and direct organizations, including those in women's sports.

Boundary Setting refers to the process of establishing clear limits and expectations in relationships and interactions, essential for healthy and productive collaborations in women's sports leadership.

Burnout refers to a state of emotional, mental, and physical exhaustion caused by prolonged stress and overwork, which can affect women in high-pressure sports leadership roles.

Career Development refers to the process of supporting and guiding individuals in their career advancement, including women in sports leadership.

Championship Culture refers to a team or organization culture that is focused on achieving excellence and success in sports.

Change Management refers to the process of planning, implementing, and evaluating change initiatives in organizations, relevant to adaptive leadership in women's sports.

Coaching refers to the process of supporting and guiding individuals or teams in their development,

including technical, tactical, and physical skills in sports.

Cognitive Bias refers to a systematic error in thinking or decision-making, often unconsciously affecting women in sports leadership.

Collective Bargaining refers to the process of negotiating agreements between employers and employees, relevant to labor relations in women's sports.

Communication Strategy refers to a plan for conveying information and messages to various audiences, essential for effective communication in women's sports leadership.

Community Engagement refers to the process of building and maintaining relationships with stakeholders and the wider community, relevant to outreach and partnership development in women's sports.

Competency-Based Education refers to an approach to learning that focuses on the development of specific skills and competencies, relevant to practical applications in women's sports leadership.

Conflict Resolution refers to the process of managing and resolving disputes or disagreements, essential for effective communication and collaboration in women's sports leadership.

Continuous Learning refers to the process of ongoing learning and professional development, essential for staying current and adapting to change in women's sports leadership.

Crisis Management refers to the process of planning for and responding to crises or emergencies, relevant to risk management in women's sports.

Critical Thinking refers to the process of analyzing and evaluating information, arguments, and assumptions, essential for informed decision-making in women's sports leadership.

Cultural Competence refers to the ability to understand and appreciate diverse cultures and perspectives, relevant to inclusive and respectful leadership in women's sports.

Decision-Making refers to the process of making choices and taking action, often involving critical thinking and problem-solving in women's sports leadership.

Diversity and Inclusion refer to the practices of promoting and supporting diversity, equity, and inclusion in organizations, relevant to fair and equitable treatment in women's sports.

Emotional Intelligence refers to the ability to recognize and understand emotions in oneself and others, essential for effective communication and relationships in women's sports leadership.

Empowerment refers to the process of supporting and enabling individuals or groups to take control of their lives and decisions, relevant to women's empowerment in sports.

Equity refers to the principle of fairness and justice in the distribution of resources and opportunities, essential for level playing fields in women's sports.

Ethics refers to the principles and values that guide behavior and decision-making, relevant to moral and ethical leadership in women's sports.

Event Management refers to the process of planning, organizing, and delivering events, such as sports tournaments and competitions.

Evidence-Based Practice refers to the use of research and data to inform decision-making and practice, essential for informed decision-making in women's sports leadership.

Executive Leadership refers to the highest level of leadership in an organization, often responsible for strategic direction and overall management.

Facilitation refers to the process of supporting and guiding groups or teams in their work and decision-making, relevant to effective meetings and workshops in women's sports leadership.

Feminist Leadership refers to an approach to leadership that is grounded in feminist principles and values,

such as equality and justice for women in sports.

Financial Management refers to the process of planning, organizing, and controlling financial resources, essential for sound stewardship in women's sports organizations.

Fundraising refers to the process of securing financial support and resources for organizations or initiatives, relevant to revenue generation in women's sports.

Gender Analysis refers to the process of examining and understanding the impact of gender on individuals, groups, and organizations, essential for informed decision-making in women's sports leadership.

Gender Equality refers to the principle of equal rights, opportunities, and treatment for women and men, relevant to fair and equitable treatment in women's sports.

Globalization refers to the increasing interconnectedness and interdependence of the world's economies, cultures, and societies, relevant to international collaboration in women's sports.

Governance refers to the systems and processes used to direct and oversee organizations, including those in women's sports.

Group Dynamics refers to the study of how groups form, function, and interact, relevant to effective teamwork and collaboration in women's sports leadership.

Human Resources Management refers to the process of recruiting, selecting, training, and developing employees, essential for effective talent management in women's sports organizations.

Inclusive Leadership refers to an approach to leadership that values and supports diversity, equity, and inclusion, relevant to respectful and equitable treatment in women's sports.

Innovation refers to the process of creating and implementing new ideas, products, or services, essential for staying ahead and adapting to change in women's sports.

International Development refers to the process of supporting and promoting development and growth in countries or regions, relevant to global partnerships in women's sports.

Interpersonal Skills refer to the abilities and skills used to communicate and interact with others, essential for effective relationships and collaboration in women's sports leadership.

Job Analysis refers to the process of examining and understanding the responsibilities, duties, and requirements of a job or role, relevant to effective talent management in women's sports organizations.

Knowledge Management refers to the process of creating, sharing, and applying knowledge and information, essential for informed decision-making in women's sports leadership.

Leadership Development refers to the process of supporting and guiding individuals in their leadership development, including training, coaching, and mentoring in women's sports.

Leadership Style refers to the approach or manner in which an individual leads or manages others, relevant to effective leadership in women's sports.

Mentorship refers to the process of guiding, supporting, and advising individuals in their development, relevant to career advancement and personal growth in women's sports leadership.

Networking refers to the process of building and maintaining relationships with others, relevant to career advancement and professional development in women's sports.

Organizational Behavior refers to the study of how individuals and groups behave within organizations, relevant to effective management and leadership in women's sports.

Organizational Culture refers to the values, norms, and practices that shape the behavior and interactions within an organization, relevant to positive and productive work environments in women's sports.

Organizational Development refers to the process of supporting and guiding organizations in their

development and growth, relevant to strategic planning and change management in women's sports.

Partnership Development refers to the process of building and maintaining partnerships and collaborations with other organizations or stakeholders, relevant to revenue generation and resource mobilization in women's sports.

Performance Management refers to the process of planning, monitoring, and evaluating performance, essential for effective talent management in women's sports organizations.

Policy Development refers to the process of creating and implementing policies and procedures, relevant to strategic planning and governance in women's sports.

Power Dynamics refer to the ways in which power is distributed and exercised within relationships and organizations, relevant to effective leadership and communication in women's sports.

Problem-Solving refers to the process of identifying, analyzing, and resolving problems, essential for effective decision-making in women's sports leadership.

Professional Development refers to the process of supporting and guiding individuals in their professional growth and development, relevant to career advancement and personal growth in women's sports leadership.

Project Management refers to the process of planning, organizing, and controlling projects, essential for effective project delivery in women's sports.

Public Relations refers to the process of managing and maintaining relationships with stakeholders and the wider public, relevant to reputation management and crisis communication in women's sports.

Resilience refers to the ability to withstand and recover from challenges and setbacks, essential for effective leadership and well-being in women's sports.

Risk Management refers to the process of identifying, assessing, and mitigating risks, relevant to strategic planning and governance in women's sports.

Sponsorship refers to the process of securing financial or in-kind support from organizations or individuals, relevant to revenue generation in women's sports.

Sport Development refers to the process of supporting and promoting the growth and development of sports, relevant to participation rates and performance levels in women's sports.

Sport Management refers to the process of planning, organizing, and controlling sports programs and events, essential for effective event delivery in women's sports.

Stakeholder Engagement refers to the process of building and maintaining relationships with stakeholders, relevant to reputation management and crisis communication in women's sports.

Strategic Planning refers to the process of developing and implementing long-term plans and strategies, essential for effective leadership and governance in women's sports.

Strengths-Based Approach refers to an approach that focuses on identifying and building on individual and organizational strengths, relevant to positive and productive work environments in women's sports.

Sustainability refers to the ability to maintain or support a process or system over time, relevant to long-term viability and environmental sustainability in women's sports.

Systems Thinking refers to the ability to understand and analyze complex systems and relationships, essential for effective problem-solving and decision-making in women's sports leadership.

Talent Management refers to the process of recruiting, selecting, training, and developing employees, essential for effective talent management in women's sports organizations.

Team Building refers to the process of supporting and guiding teams in their development and

performance, relevant to effective teamwork and collaboration in women's sports.

Time Management refers to the process of planning and controlling the use of time, essential for effective productivity and performance in women's sports leadership.

Transformational Leadership refers to an approach to leadership that involves inspiring and empowering others to achieve a shared vision, relevant to effective leadership and change management in women's sports.

Volunteer Management refers to the process of recruiting, supporting, and guiding volunteers, relevant to event delivery and community engagement in women's sports.

Women's Empowerment refers to the process of supporting and enabling women to take control of their lives and decisions, relevant to gender equality and women's rights in sports.

Women's Leadership refers to the practice of leadership by women, relevant to gender diversity and women's empowerment in sports.

Youth Development refers to the process of supporting and guiding young people in their development, relevant to participation rates and performance levels in women's sports.