



HUDDLE UP FOR LEADERSHIP DEVELOPMENT

Powered To Change Me. Change Us. Change the World.

The Institute for Sport & Social Justice launched in 1985 as the first of its kind in sport. Our team of diverse, highly credentialed former athletes, coaches and staff identify the most pressing challenges in sport and society, and develop innovative solutions that encourage leadership and responsibility. Our mission is to equip and embolden athletes, coaches, and teams to create a safer, more inclusive, and equitable world through the transformative power of sport. The Institute has set the standard for effective, evidence-based programs, equipping more than 100,000 athletes and sport professionals, at all levels, with the tools to impact their environment.

Our Huddle Up for Leadership Development programming specializes in impacting athletic organizations through leadership-based education. Huddle Up is designed on best practices developed over more than three decades of delivering training & education with professional, college, and high school sport. Critically, we've learned how to make impact in educational and sport organizations, to actually move the needle by providing tailored content, strategies, and skill-development. Through Huddle Up, we inspire leadership, increase trust, and elevate the culture of an organization.



HUDDLE UP MOVES THE NEEDLE

From locker rooms to sport executive suites, we have learned many lessons and developed best practices for effectively empowering leaders to embrace and activate their influence on the issues that are most important to them. Our experience informs us that, notwithstanding some incremental progress, another innovation is needed to help a world that is struggling to gain any real traction in dealing with a lack of effective, transformational leadership. Huddle Up is that innovation.

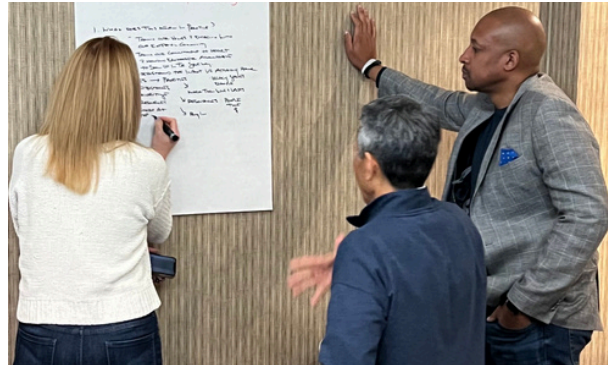
Huddle Up trainings strive to create a healthy tension by appropriately challenging participants to understand and embrace the power of their actions as a teammate, colleague, friend, and proactive bystander when faced with leadership challenges. Huddle Up provides a paradigm shift in attitude about these challenges and then empowers participants with concrete options for intervention in real-life situations.



CHANGE ME, CHANGE US, CHANGE THE WORLD

The following characteristics propel Huddle Up to be unusually effective:

Experience: Huddle Up trainers have extensive experience in working with a wide range of groups. We've impacted all of the major US professional sports leagues, including MLB, NBA, NFL, MLS, WNBA, NHL, MLL, NASCAR, and USTA; over 300 college athletic departments; over 150 high schools; all branches of the US military, and the Australian Army.



Our Huddle: Huddle Up is led by professionally trained educators who have an insider's understanding of sport culture combined with over 30 years of lessons learned on the most impactful strategies to help sport professionals develop their leadership competencies. The Institute team is a diverse group of former athletes, coaches, and staff. As such, our trainers have the unique ability to gain the attention & trust of athletes, coaches, staff, and leadership.

Dynamic Engagement through Active Learning: Huddle Up trainings are dynamic experiences driven by active learning strategies that maximize interactive dialogue and enhance participant learning. Huddle Up trainings bring expert facilitation and relevant and thought-provoking content, targeting different learning styles and focused on skill-building impact.

Skill Building: Huddle Up is an industry leader and has been on the cutting-edge since the early nineties. Our focus is on identifying problems and developing real-world solutions for our clients. We teach hard and soft leadership skills for learners to add to their toolbox, empowering them to positively impact a wide range of leadership challenges.

Community Building & Belonging: Every team or organization provides an opportunity to build culture and community. Huddle Up creates spaces of belonging for participants to learn from one another and grow together. Learning common language and expectations for each other empowers participants to live the values of the group.



Leadership Development Options

Here are several leadership development offerings for your review. If you don't see exactly what you are looking for, our curriculum development team is pleased to work with you to develop a tailored training to fit your needs.

Understanding Your Leadership

Authentic Leadership Starts Here: The Inside Out Journey

Explore how self-awareness and personal integrity form the foundation for authentic and impactful leadership.

The Leader You Are: Understanding & Owning Your Style - Discover your unique leadership approach and develop the skills to lead with confidence and adaptability.

Leading with Integrity: Living Your Core Values Every Day - Identify your core values and learn how to align your actions and decisions with what matters most to you.

From Talent to Impact: Strengths-Based Leadership in Action - Leverage your natural talents and those of your team to lead with purpose, positivity, and effectiveness.

Championship Habits: Building the Routines of High Performers - Build daily habits and routines that fuel consistent performance, accountability, and excellence.

Me Then We - Learn how prioritizing self-care and personal development strengthens your ability to lead and serve others effectively.

Developing Leadership Skills

Connect & Lead: Strengthening Leadership Through Emotional Intelligence - Strengthen your ability to lead with empathy, manage emotions, and build strong relationships.

Handle Hard Better: Building Resilience - Develop tools to face adversity with courage, bounce back from setbacks, and grow through challenges.

Power of Yes: Transforming Leadership with a Growth Mindset - Cultivate a mindset that embraces learning, effort, and feedback as essential to leadership and success.

From Obstacle to Opportunity: Navigating Leadership Challenges - Gain strategies to lead through uncertainty, conflict, and pressure while maintaining trust and vision.

Stronger Together: Navigating Mental Health and Vulnerability in Leadership - Understand the power of vulnerability in leadership and how prioritizing mental well-being builds stronger, more human teams.

We Not Me - Embrace a team-first mindset that prioritizes collaboration, shared success, and collective responsibility over individual recognition.

Leading With Others

From Awareness to Action: Inclusive Leadership in Practice - Learn to lead with equity, empathy, and awareness to create environments where everyone feels seen, heard, and valued.

Effective Communication Through Conflict - Build skills to communicate clearly, listen actively, and connect meaningfully across diverse teams and settings.

Building Community, Building Trust - Explore strategies to foster trust, belonging, and collaboration within your teams and organizations.

Burn Bright, Not Out: Reclaiming Energy and Purpose in Leadership - Recognize the signs of burnout and implement sustainable practices to protect well-being and maintain purpose-driven leadership.

Building High-Performance Teams - Strategies for creating, leading, and empowering teams to reach their highest potential.



Contact Information

For more information about our Huddle Up for Leadership Development

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