

*Special
Olympics
Minnesota*



LEADERSHIP UNIVERSITY

Let your voice be heard.

FALL 2020 ONLINE COURSE CATALOG





Special Olympics Minnesota's **LEADERSHIP UNIVERSITY**

Leadership University is an event meant to empower Special Olympics athletes and Unified Partners and give them the skills and confidence to be leaders and advocates in their communities.

Due to COVID-19 and restrictions to meeting in person, this year's Athlete Leadership Program is being offered through a series of online courses held in October and November. Athletes will be able to select a specific leadership course related to an area of interest. Athletes will learn, develop skills, and apply their knowledge in their teams and communities to benefit everyone.

Never taken an leadership course before? No problem! This virtual Leadership University is open to any Special Olympics athlete, Unified partner or coach.

Registration is \$25 per participant.

Register at somn.org/LeadU

LEADERSHIP UNIVERSITY - FALL 2020

ONLINE COURSES

HEALTH & WELLNESS AMBASSADORS - OCTOBER

Do you want to be an advocate for health in your community? If so, this is the Leadership University course for you. This course will cover the basics of health and wellness, as well as what it means to be an ambassador for Special Olympics Health Programs. You will learn the fundamentals of nutrition, exercise, relationships and more. This course will also teach you how to talk to others about the importance of health and wellness. Get ready for a fun (*and healthy*) month of activities and lectures!

VOTER PREP - OCTOBER

Your vote matters! Learn about all the important steps necessary to become an educated voter. This course will include bipartisan tips on how to research important issues and candidates. The course will also cover how to register to vote and what to do to prepare yourself for election day. Let this year be the year your voice gets heard!

ART EXPRESSION - NOVEMBER

Do you have a passion for art and a creative mindset? If so, this is the course for you! This art expression course will teach you how to use various art mediums to showcase your unique abilities, interests and passions. You will have the opportunity to explore what your artistic strengths are and learn how to express yourself through art.

HEALTHY RELATIONSHIPS - NOVEMBER

If you're interested in making new friends or strengthening your current relationships, join us for this course focused on healthy relationships! Learn how to communicate effectively, resolve conflicts, manage emotions and everything in between. This course will teach you the basics of developing and maintaining healthy and safe relationships. Get ready to have fun and learn new things about yourself and others!

Register at somn.org/LeadU