



POWER HOUR!

Do you know all the women coaches in your department? Are you new and want to get to know them better? Share info? Support each other's programs? Become better friends and mentors?

Start a *POWER HOUR* in order to learn from, and connect with, women coaches and leaders!

Why: There is power in numbers and you have resources and support right on your campus that could make a significant difference in your career and program. Having a network of support is important! Your colleagues can vouch for your integrity, your passion, your dedication, your willingness to help others and your vision. Stop isolating and **start networking!**

How: Just do it!! Send an email to all the women coaches inviting them to meet and talk. Suggest a topic. Name the place and time. Send a reminder the day before. And then BE THERE. It might start out small, but it will grow. Follow up with all coaches after each *POWER HOUR* and get the next date on everyone's calendar! Stay committed. Provide the space and time and they will show up!

For example:

Please Join Me for the New *POWER HOUR* for Women Coaches!

When: 1st Tuesday of each month, @ 9 – 10am (this Month, November 6th)

Where: The Coffee Spot in the Student Center

Topic: Motivation Strategies for Teams & Individuals



Potential Future Topics:

- ★ Issues facing your players/young women today
- ★ Player Roles & Responsibilities / Team Culture
- ★ Watch one of the Alliance's [TAKE 10 Talks](#)
- ★ Recruiting – Strategies, Nightmares & Dreams
- ★ Fundraising and community support
- ★ Work / Life Balance
- ★ Or just share...needs, stories, concerns, accomplishments! (I need a babysitter, team manager, mentor, a friend, etc.)

There are successful POWER HOURS all over the country!!

Share yours with others ... tag the Alliance on [Facebook](#) and [Twitter @GoCoaches](#)

#STRONGERTOGETHER

For more ideas visit the Alliance at www.GoCoaches.org