

LEADERSHIP THROUGH SPORT

How Football Builds Confidence
and Helps You Support Others

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CHINAZO JOHN NNAYA

- Football coach and mentor
- Founder of Football Friendlies
- Working with young people in schools and communities
- Passionate about using football to develop confidence and leadership
- Football coach (FAI / grassroots)
Worked in professional football



MY REAL JOURNEY



I didn't start as a confident leader

I had to learn and grow

Football helped shape who I am

WHAT I SEE IN YOUNG PEOPLE



Some are shy

Some don't believe
in themselves

Some are afraid
to speak

Some don't feel good
enough

Some are afraid to try

Many young people
lack confidence

SAFE SPACE TO LEARN



- We create a safe environment
- Everyone can ask questions
- No pressure to be perfect
- Building confidence

BUILDING CONFIDENCE



- Confidence starts small
- Speaking, thinking, understanding
- Everyone has a voice
- Decision-making
- Encouraging participation

LEARNING BY DOING



- From classroom to pitch
- You don't learn confidence by watching
- You learn by trying
- Mistakes are part of growth
- Confidence through action

BECOMING LEADERS



- Taking responsibility
- Leading sessions
- Supporting others



GIRLS EMPOWERMENT

TOGETHER THROUGH FOOTBALL

COMMUNITY IMPACT




What Football Taught Me



- Confidence comes from trying
- Leadership is helping others
- Everyone has a role
- Football includes everyone

- Different backgrounds, same team
- Respect and support
- Creates belonging
- Everyone matters

WHAT YOU CAN DO



Believe in yourself

WHAT YOU CAN DO



Believe in yourself

Support others

WHAT YOU CAN DO



Believe in yourself

Support others

Don't be afraid to try

FINAL MESSAGE

Football is more than a game

It helps us grow, learn, and support each other

FINAL MESSAGE

Football is more than a game

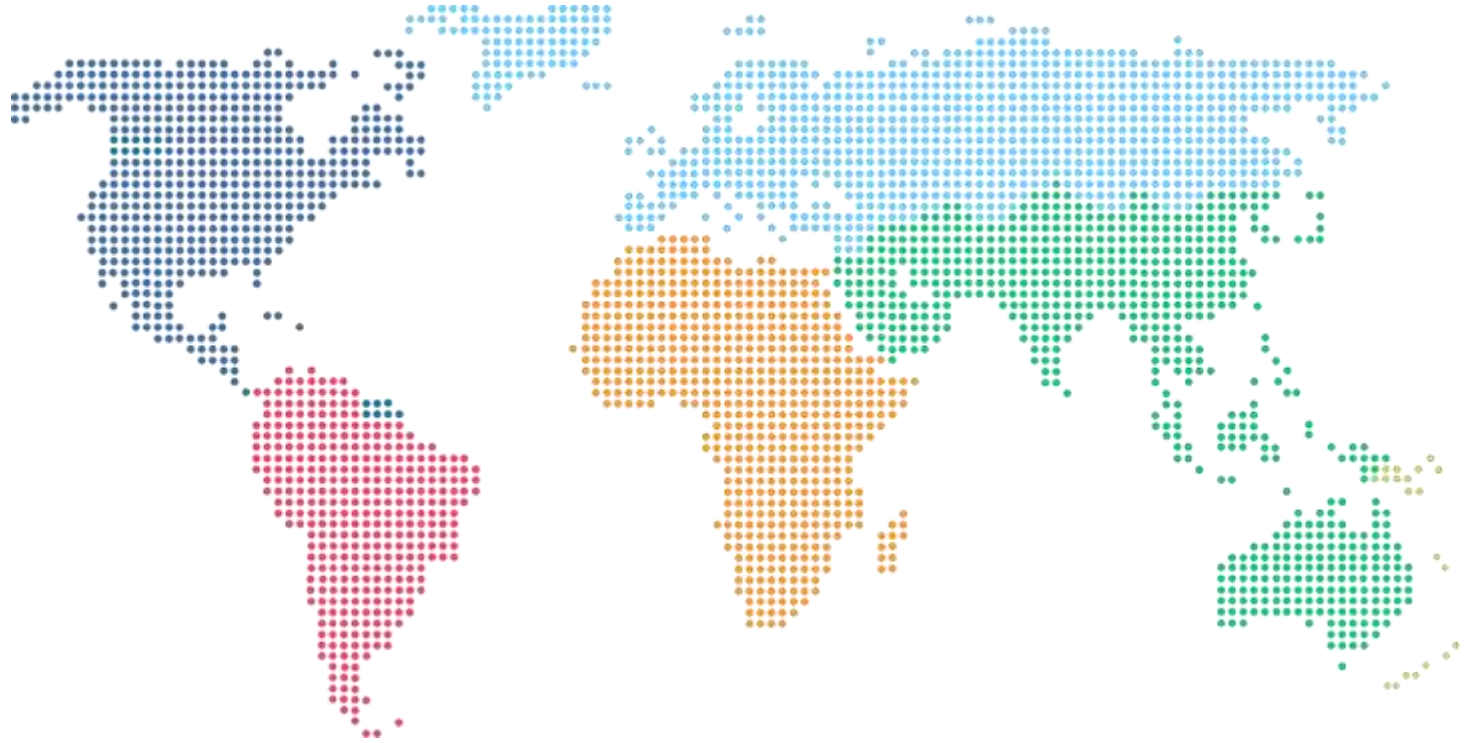
It helps us grow, learn, and support each other

Football is not just about winning

It's about:

- Confidence
- Growth
- Supporting others





Q&A

THANKS!

Kateryna
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