

LEADERSHIP THROUGH SPORT

Girls Empowerment: Together
Through Football
Sofía Miranda — Somos Poderosas
UEFA Foundation for Children

Kateryna
Biloruska
Foundation



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GIRLS EMPOWERMENT
TOGETHER THROUGH FOOTBALL

WHY ARE WE HERE TODAY?

This webinar is part of “Girls Empowerment: Together Through Football”.

We are going to learn how sport and football can shape for good our lives.

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Γκολ στη Ζωή



GIRLS EMPOWERMENT
TOGETHER THROUGH FOOTBALL

SOFÍA MIRANDA

Director of Somos Poderosas. We empower girls through sport and make female role models visible.

- Who am I?
- Who was I?
- What do I do?



DO YOU THINK YOU ARE A LEADER?



LEADERSHIP: WHAT IT REALLY MEANS

When we hear 'leader', we picture someone famous, the team captain, or the most confident person in the room. But true leadership looks very different.

It's not about being perfect or the bravest. It's about acting with intention when something matters, making decisions even when you're scared, and looking after your team even when no one asks you to. Leadership is not a title – it's a way of showing up in the world. And you already practise it every day.





GIRLS EMPOWERMENT
THROUGH FOOTBALL

LEADERSHIP IS ALREADY INSIDE YOU

- Encouraging a teammate after a mistake
- Communicating during a match
- Taking responsibility
- Staying focused under pressure

REMEMBER: What you do on the pitch = what you can do in life





GIRLS EMPOWERMENT
THROUGH SPORT

SPORT IS YOUR
SCHOOL OF LIFE




THE 6 SKILLS OF SPORT



TEAMWORK



COMMUNICATION




RESILIENCE



CONFIDENCE



DISCIPLINE



RESPECT

LEADERSHIP IN YOUR EVERYDAY LIFE



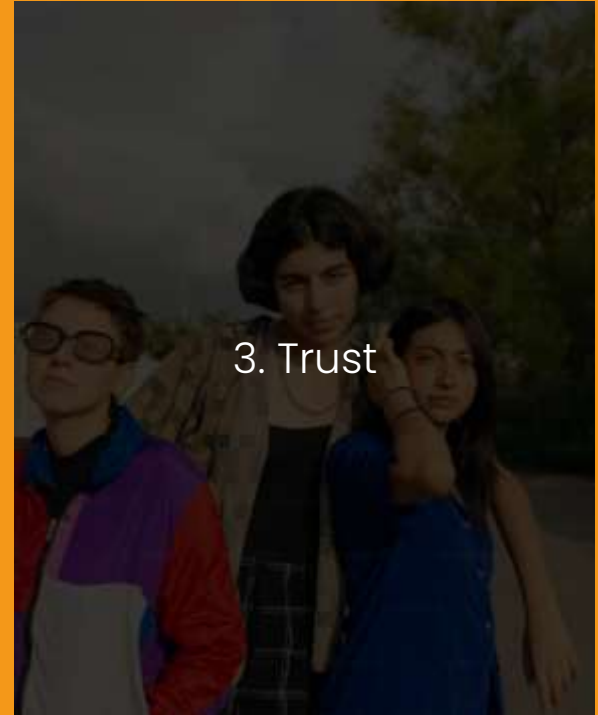
AT SCHOOL: Ask for help when you need it.
Lead group projects: listen, organise,
motivate.

Manage conflicts calmly.

WITH YOUR FRIENDS: Include those who are
left out. Stand up for those being excluded.
Be the friend you wish you had.

IN YOUR PERSONAL LIFE: Manage your emotions —
don't ignore them. Set small goals and
celebrate when you reach them. Believe in
yourself even when no one else does. Take
responsibility for your actions.

FOOTBALL TEACHES YOU TO LEAD



LEADERSHIP IN FOOTBALL AND SPORT



Encourage your teammate after a mistake. Keep communicating during the match. Respect team decisions even when you disagree.



Keep going when you're losing. Believe in yourself. Learn from every defeat.



Accept your role even if it's not the starring one. Trusting your coach is also a form of leadership. Be the player who lifts everyone around her.

Your Story Matters



Your story, your strength,
your leadership.

Falling is not failing. Rising is leading.

Resilience is your superpower :
the story of Carolina Marin



RESILIENCE IS YOUR SUPERPOWER

1

Something goes wrong: a mistake, a loss, criticism. It's normal to feel bad. Don't skip this step — feel it.

2

Reflect on what happened. Talk to someone you trust. Ask yourself what you can learn from this.

3

Get back on the pitch. Every time you rise, you grow stronger. That is exactly what a leader does.





EVERY GIRL IS A LEADER

- Wherever you come from, your story has value
- Your experience is your greatest strength
- You don't need permission to take up space and lead

WHAT DO YOU TAKE AWAY
TODAY?

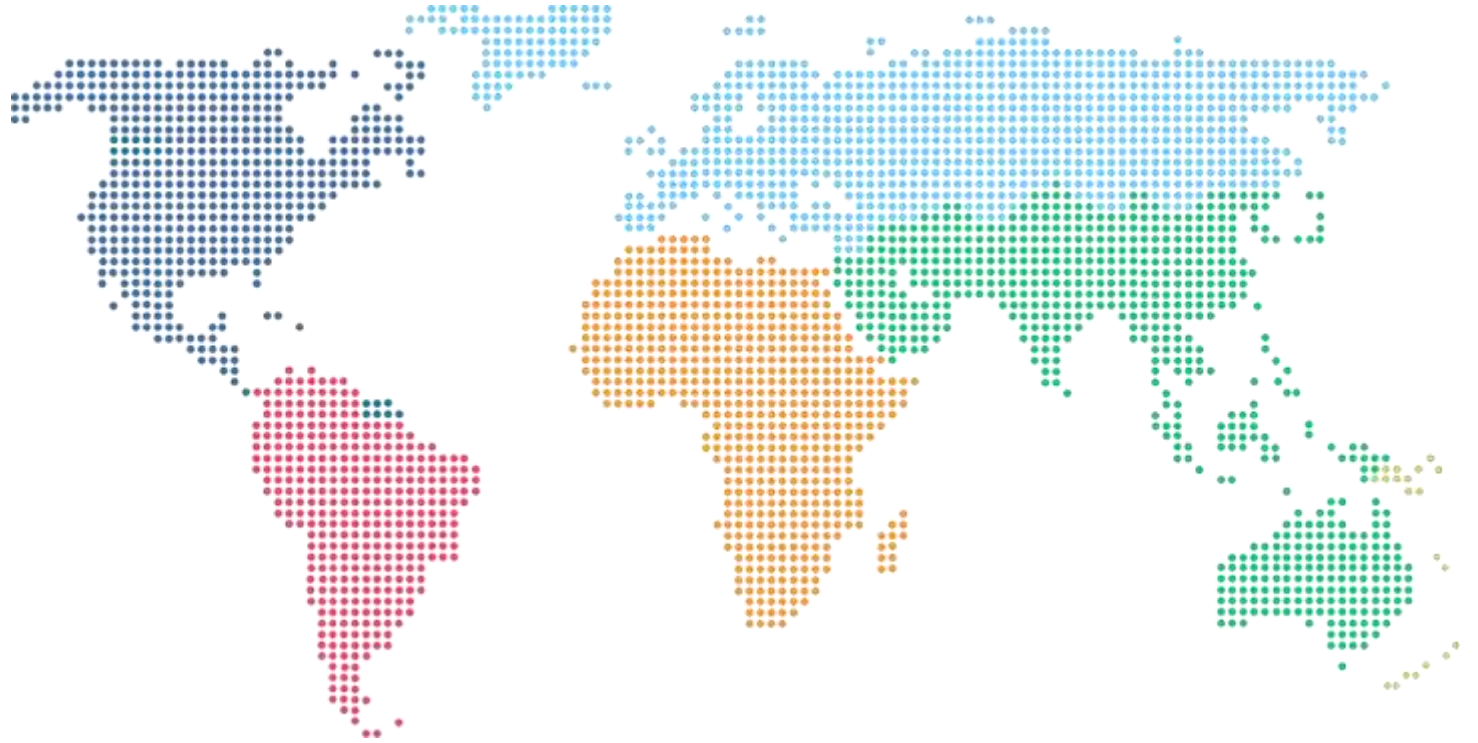
THE 3 IDEAS YOU TAKE AWAY TODAY



- 1. Leadership is already inside you
- 2. Sport is your school of life
- 3. Together we are stronger



YOU CAN MAKE HISTORY!



Q&A

SEE YOU NEXT TIME!

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