



unitar

United Nations Institute for Training and Research

Unitar Online Catalogue

Executive Diploma in Women's Leadership in Sport

Multilateral Diplomacy

Plazo: 28 Nov 2025

Tipo:	Workshop
Ubicación:	Geneva, Switzerland
Fecha:	1 Dic 2025 to 12 Dic 2025
Duración:	10 Days
Área del programa:	Multilateral Diplomacy
Sitio web:	http://unitar.org/executive-diploma-women-leadership-in-sport
Precio:	0,00 US\$
Correo Electrónico del Centro de Coordinación del Evento:	diplomacy@unitar.org
Colaboración:	Leaders Development Institute

ANTECEDENTES

UNITAR, in collaboration with LDI, proposes a dedicated Executive Diploma programme addressing gender disparities in the sports world. The programme is designed to provide a comprehensive and interdisciplinary exploration of the key skills that support women's empowerment within the sporting arena. Through a blend of theoretical insights and practical applications, this programme seeks to

give female leaders and future leaders greater professional confidence and contribute to greater gender inclusivity in the field.

OBJETIVOS DEL APRENDIZAJE

By the end of the module, participants will be able to:

- Identify and apply diverse leadership styles and strategies, recognizing their influence on leadership practices both personally and professionally;
- Analyze gender stereotypes to develop self-confidence, assertive communication, and negotiation skills, and appreciate the value of mentorship and building professional networks;
- Understand and value the importance of women's leadership and roles in governments, diplomacy and civil society and identify their own leadership styles;
- Develop their self-awareness and leadership agility in order to expand their impact, and best utilize their leadership style and new skills in their relevant teams and international settings.
- Identify key sources of influence within the sports sector and their role in shaping communication strategies;
- Analyze cultural and contextual factors that impact both persuasive and assertive communication, with sensitivity to gender dynamics;
- Evaluate the effectiveness of influence and assertiveness techniques in resolving conflicts and building relationships with diverse stakeholders;
- Demonstrate practical strategies for persuasive and assertive communication in real-world scenarios, including handling criticism and navigating organizational changes.
- Understand the psychological and emotional aspects of anxiety and self-doubt that may affect women speakers, and how these can be addressed;
- Demonstrate public speaking and presentation techniques – including preparation, structure and delivery, and analyse the differences between in-person and virtual presentations;
- Recall the importance of body language, tone of voice, and choice of words;
- Analyze the impact of gender biases and develop potential strategies to mitigate them.
- Define key concepts of gender and human rights in the context of sports;
- Analyze how gender norms and inequalities are perpetuated or challenged within sports institutions and practices;

- Evaluate real-world case studies to identify strategies for leveraging sports as a platform for advancing human rights and gender equality;
- Apply international human rights frameworks (CEDAW, the SDGs) to promote and support women's leadership in sports.
- Define and explain the fundamental elements of the art of negotiation;
- Apply tools and approaches to resolve deadlocks and conflicts within negotiations;
- Categorize and analyse relationships between stakeholders to select the most influential path for negotiation;
- Identify points of leverage of your opponent and influence key elements during a negotiation.

CONTENIDO Y ESTRUCTURA

The Executive Diploma in Women's Leadership in Sport will be delivered over the course of 10 days, with each of the five modules envisioned to span two days. Modules 1 and 2 will take place online. Module 3 will be delivered in a blended format, with sessions split between online and in-person delivery. The final two modules, 4 and 5, will be held in-person in Geneva, Switzerland.

The programme will feature orientation sessions, one hour at the start of the programme and one hour at the end of it. These sessions will serve as a platform for participants to set expectations, clarify objectives, and provide feedback, ensuring they are aligned with the programme's goals and can fully benefit from the experience. The final session will also offer an opportunity to review key learnings and discuss ways to apply them in their professional environments.

METODOLOGÍA

The training is designed to be interactive and participatory, combining lectures, group discussions, case studies, practical exercises, and role-playing simulations. Participants will actively engage in problem-solving activities, share insights, and apply their knowledge to real-world scenarios. Multimedia resources will be utilized to enhance understanding. The interactive approach fosters collaboration, critical thinking, and practical skill acquisition for participants' engagement in sporting fields.

The online element will be delivered using a Virtual Learning Environment (VLE) to host all course materials, live sessions and recordings. Content, readings and assignments for the course will be made available through Moodle an e-learning platform. Daily live sessions will be conducted via UNITAR Zoom. Interactive features such as polls, Q&A sessions, and breakout rooms will be utilized to enhance participant interaction. Multimedia resources will be utilized to enhance understanding, and to ensure active learning, the programme will incorporate a mix of expert lectures and interactive Q&A. This comprehensive approach aims to foster engagement and skill development among participants.

PÚBLICO OBJETIVO

The programme is addressed to middle management professionals, covering various roles across different aspects of sports, from event management and coaching to marketing, technology, and athlete welfare. The activity addresses the need of a group of maximum 25 professionals to be identified by LDI.