

# THE POWER OF BEING THE ONLY WOMAN IN THE ROOM

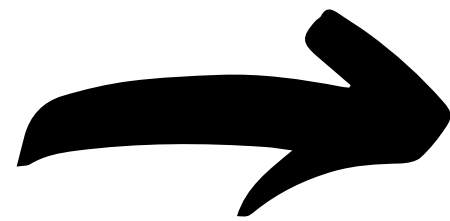
LIFE AS A FEMALE ATHLETIC DIRECTOR

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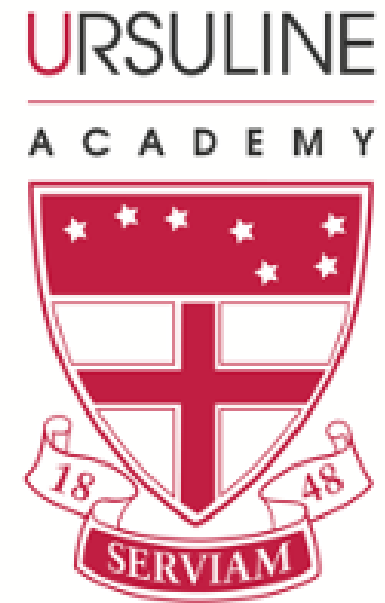
JEN BROOKS, CMAA, ATHLETIC DIRECTOR  
URSULINE ACADEMY, ST. LOUIS, MO  
MENTOR PROGRAM COORDINATOR, MIAAA  
FOUNDER OF THE GLOBAL COMMUNITY OF  
WOMEN IN HIGH SCHOOL SPORTS



# A LITTLE ABOUT ME



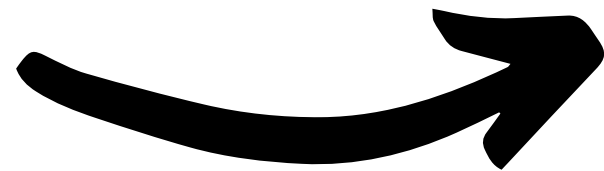
# MY EXPERIENCE







FROM  
THE  
OUTSIDE  
LOOKING  
IN



## Boys Club

Excluded for being a woman  
in a male dominated  
profession.

**NO GIRLS  
allowed**



## Outsider

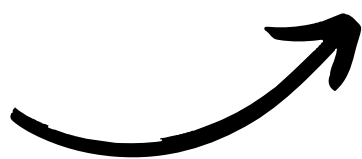
Many things are "off limits"  
for girls growing up in a  
world surrounded by sports.



DON'T THINK OF YOURSELF AS THE "ONLY" WOMAN IN THE ROOM...  
THINK OF YOURSELF AS THE "FIRST" WOMAN IN THE ROOM.

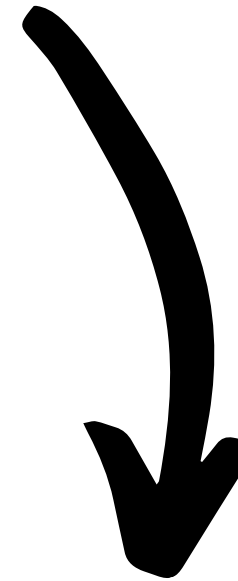


STEP IN MY  
SHOES





# DAY IN THE LIFE



# CREATING AWARENESS







IT'S ALL ABOUT  
**PERCEPTION**



"Preconceived notions are  
the locks on the doors to  
wisdom."

**MARY BROWNE**

The Power of Being the Only Woman in the Room  
Life as a Female Athletic Director





***LET'S  
LEVEL THE  
PLAYING FIELD***

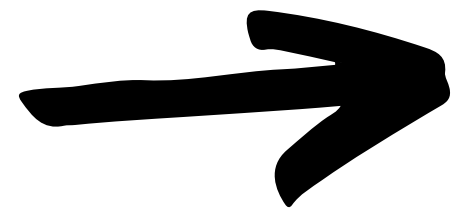


THE VERSION OF ME YOU CREATED  
IN YOUR MIND, IS NOT MY  
RESPONSIBILITY.

REDEFINE, REIMAGINE  
CHANGE THE NARRATIVE



# ***SITTING AT THE TABLE***



# SAME LEADERSHIP



Different perceptions for male and female leaders.

Aggressive.  
Selfish.  
Difficult.  
Abrasive.  
Shrill.



Strong.  
Competent.  
Decisive.  
Assertive.  
Capable.



# TIMES, THEY ARE A CHANGING





# ACTION ITEMS

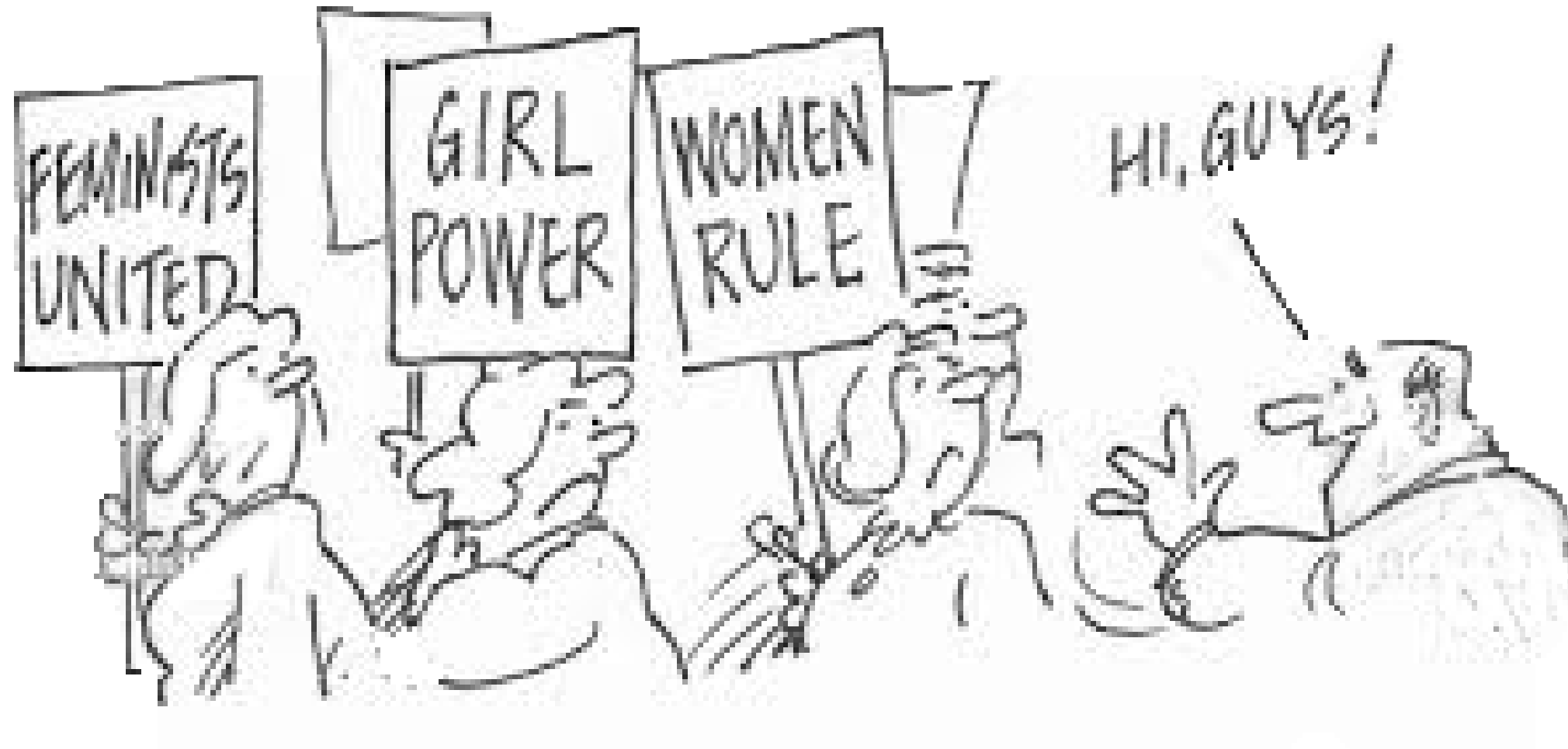
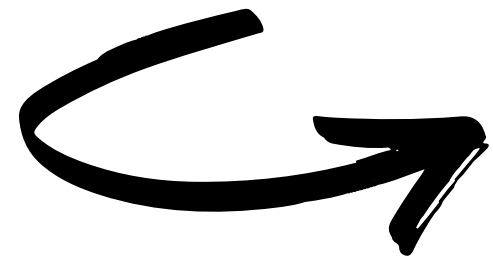


# STOP LABELING





# LANGUAGE MATTERS





*BE*  
*CONFIDENT*



*AND*



**BELIEVE**  
**IN**  
**YOURSELF**

“  
**BE  
FEARLESS**  
—



# RECOGNIZE YOUR/OUR VALUE





# MOVING FORWARD TOGETHER



# ALLYSHIP





# SUPPORTING EACH OTHER



**EMPOWERED  
WOMEN  
EMPOWER  
WOMEN**





Being the "only" doesn't mean you have to be alone.





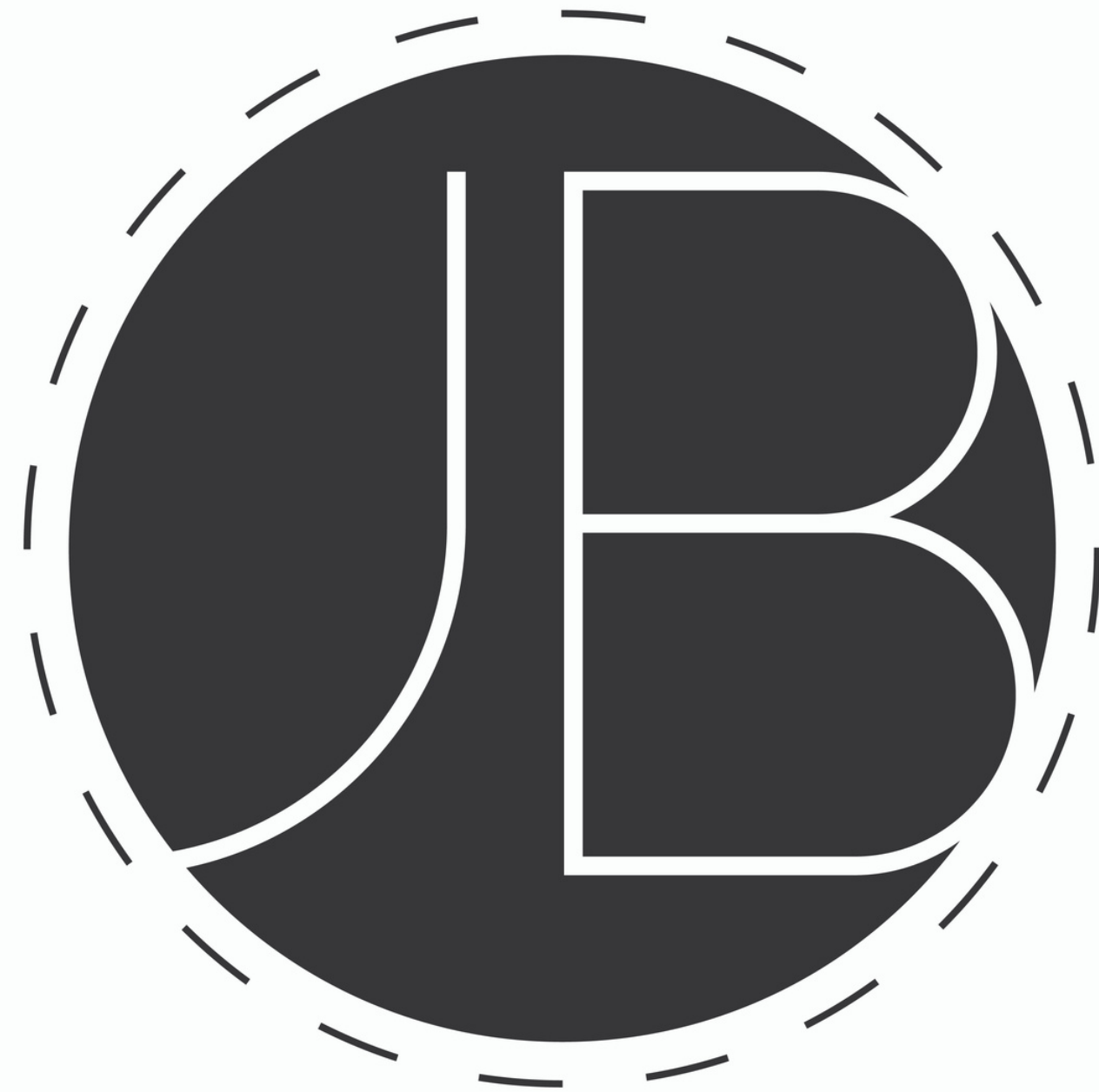


*If she can see it....she can be it!*



*I NO LONGER THINK OF  
MYSELF AS THE ONLY WOMAN  
IN THE ROOM, BUT RATHER  
THE FIRST*





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