# Youth Leadership 101

**SO Learn Youth & Adult Mentor Courses**

This course is a tool for Special Olympics Youth Leaders to enhance their knowledge of leadership skills. Young people with and without intellectual disabilities will gain the knowledge and skills needed to lead initiatives in their Special Olympics Region, Program, or local school or community. To learn more access SO Learn [**here**](https://learn.specialolympics.org/).

# Project Management for Youth Leaders

This course was designed to provide Special Olympics Youth Leaders the project management knowledge and skills needed to successfully lead projects for inclusion in their community. Through the course, Special Olympics Youth Leaders will develop their own project plan and will know where to go for additional support. This course was designed for a global audience, but can be completed by US-based Youth Leaders. To learn more access SO Learn [**here**](https://learn.specialolympics.org/).

# Unified Sports for Special Olympics Youth Leaders

This course is designed for Special Olympics Youth Leaders to develop an understanding of the Special Olympics Unified Sports initiative. Youth Leaders will learn how to use their leadership skills within a sports team. Youth Leaders will also be able to identify opportunities to get involved with Unified Sports after the completion of this course. To learn more access SO Learn [**here**](https://learn.specialolympics.org/).

# Your Role as an Adult Mentor: Supporting Youth Leaders

This course will provide adult mentors with the Special Olympics definition of an adult mentor, set adult mentor expectations, and identify ways in which adult mentors can support youth. It designed to train adult mentors who will serve youth in their leadership roles. To learn more access SO Learn [**here**](https://learn.specialolympics.org/).