



Intro

2025 Riverside APP Conference



A CHAMPIONS BLUEPRINT TO SUCCESS

Presented By
KAREN BAREFOOT

barefootmotivation.com

BRAVE, BOLD &



BAREFOOT

ORANGE BALL BLESSINGS



- First Basketball Player to record 2,000 Points and 1,000 assists in a career for any NCAA Division, Male or Female
- A nationally known women's basketball coach who has built successful programs at five different institutions on and off the court by producing success in the classroom and in the community
- 440 overall collegiate coaching wins
- Began coaching at 22 and has made history in starting a program, resurrecting programs, twenty winning seasons, and winning titles which includes a national championship
- Project Champion for IRR's 5- year Strategic plan
- Known as the lady of firsts, and leaving footprints is her "why" in life



CAREER FOOTPRINTS

- Director of Organizational Effectiveness & Business Development at IRR - Champion of the strategic corporate plan for the next 5 years (2022-present)
- Head Collegiate Basketball Coach (NCAA Division 1) University of Wilmington, NC (2017-2022)
- Head Collegiate Basketball Coach (NCAA Division 1) Old Dominion University, Norfolk, Virginia (2017-2011)
- Head Collegiate Basketball Coach (NCAA Division 1) Elon University, Elon, NC (2008-2011)
- Assistant Basketball Coach (NCAA Division 1) Old Dominion University, Norfolk, VA (2005-2008)
- Head Collegiate Basketball Coach (NCAA Division 2) Lenoir-Rhyne University Hickory, NC (2001-2005)
- Head Collegiate Basketball Coach (NSCAA) The Apprentice School, Newport, News (1995-2001)

A CHAMPIONS BLUEPRINT TO SUCCESS



**KAREN
BAREFOOT**

EDUCATION

- Bachelor of Science in Recreation and Leisure Studies, Minor: Leadership Programming, and Planning, Christopher Newport University-1995
- Honored as top 50-Christopher Newport's Distinguished Alumni



SUCCESS LEAVES FOOTPRINTS #LOGO





Process

1st Quarter

2nd Quarter

3rd Quarter




4th Quarter



1ST QUARTER



1st Quarter

-  Find Your Passion & Flourish in Your Footsteps
-  Overcome Obstacles And Dare To Be Different
-  Optimize Your Outlook and Serve Others

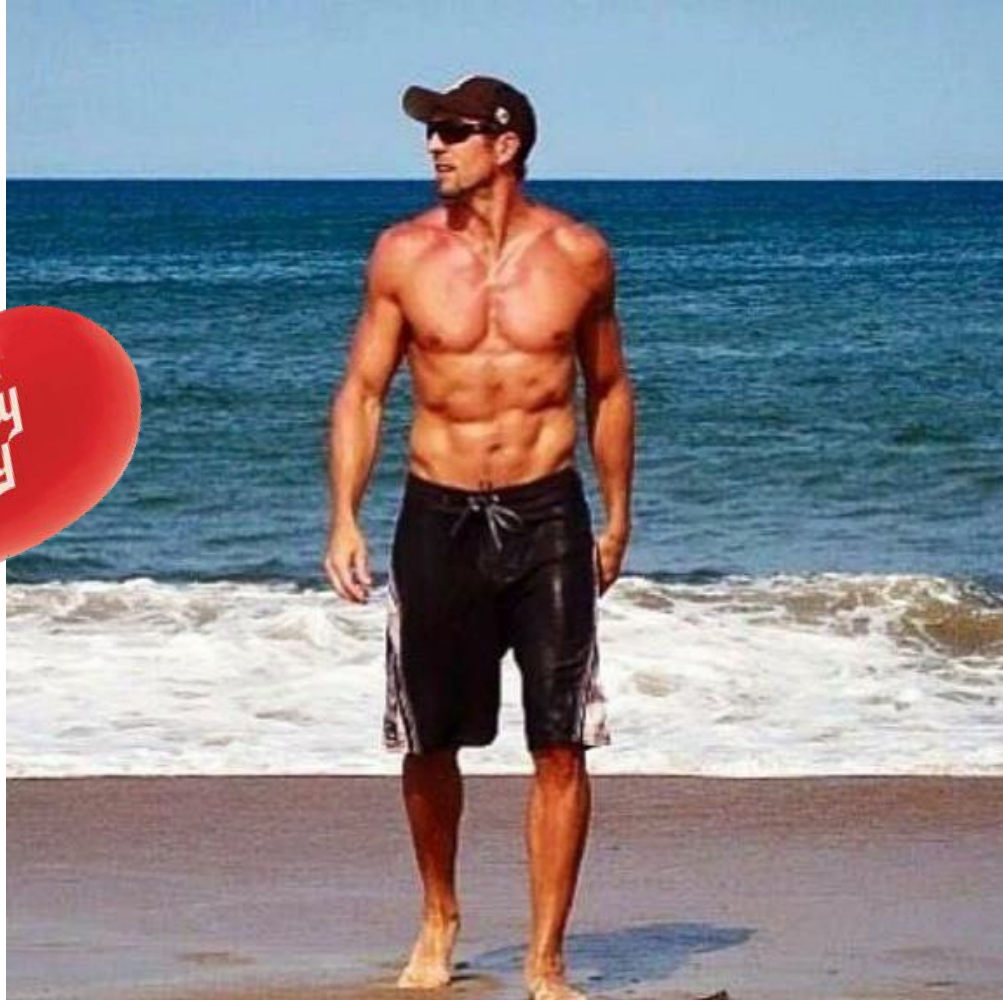


My 1st Basket vs the Boys



FAMILY CULTURE #1





Dumbol'
girl did
good!

A CHAMPIONS BLUEPRINT TO SUCCESS



MYHERO

3 H'ss





The How is Easy When the Why is Clear



DID YOU KNOW? 30 years ago

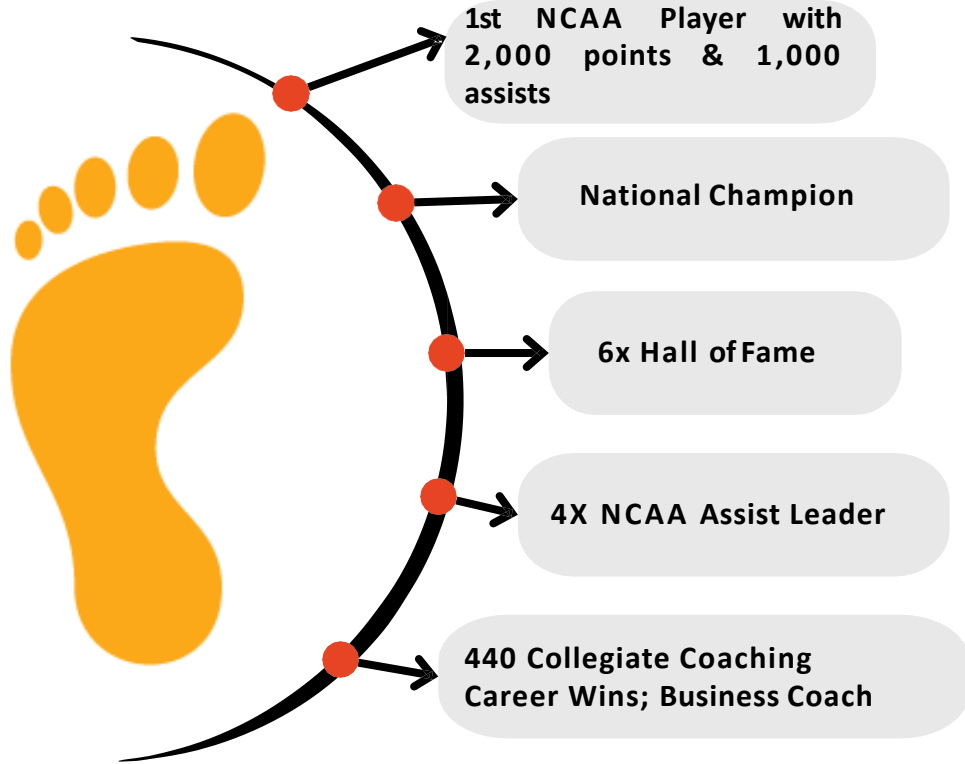


On a February 25, 1994, Karen Barefoot became the first player (male or female) in NCAA basketball history to collect 2,000 career points and 1,000 career assists. She was later inducted into the Christopher Newport University Hall of Fam as well as the USA South Conference Hall. Barefoot was featured and recognized by Sports Illustrated in "Faces of the Crowd" for earning this distinguishing honor. In 1994, CNU retired Karen's jersey before her final home game.



LEAVING FOOTPRINTS

CAREER HIGHLIGHTS



Guess WHO!?!



2ND QUARTER



2nd Quarter

 Take Chances And Own Your Dreams

 Plan And Position Yourself As A
Leader Forged Of Champion Steel

 Relentlessly Refused To Rest, Rise And
Keep On Stepping





A CHAMPIONS BLUEPRINT TO SUCCESS



ONE OF THE
YOUNGEST
COLLEGE COACHES
IN THE COUNTRY

- Accepted 7K SALARY over Playing PRO Basketball
- NO COACHING EXPERIENCE
- BUILT MY #LOVE PHILOSOPHY
- LIVED AT HOME
- NO LOCKER ROOM
- HIRE STAFF
- START FROM SCRATCH
- HARD HAT MENTALITY
- NEW UNIFORMS
- MOPPED FLOOR
- DROVE VANS
- GREW BUDGET, FAN SUPPORT- BELIEF
- BUILD RELATIONSHIPS- FUNDRAISING
- COMMUNITY SERVICE
- RECRUIT- NO NEXT, Pizza !?!





Learn.

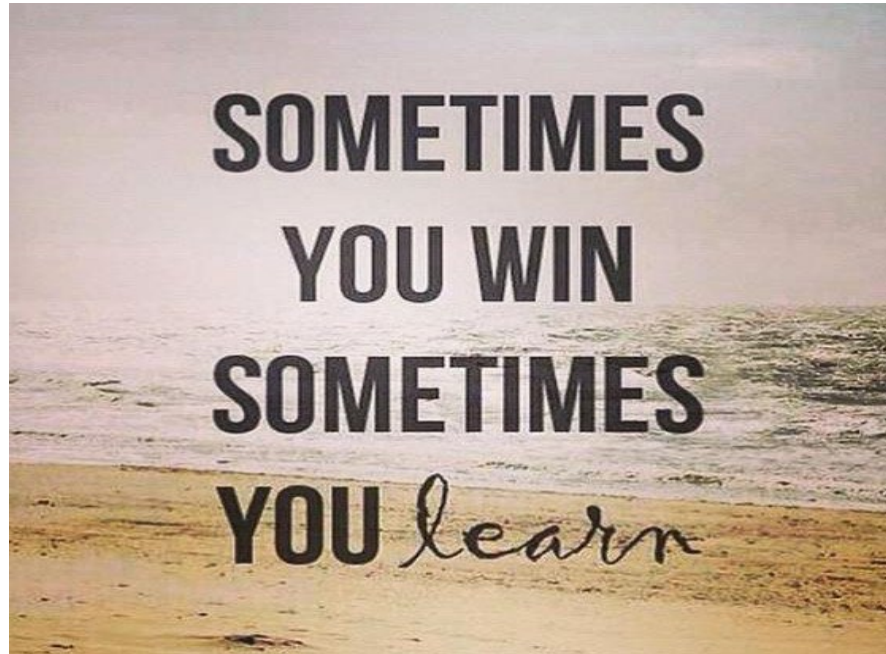
Overcome Adversity.

Visualize.

Expect Nothing Give Everything.



1st LOSS vs 1st WIN- Dec 9th, 1995



Building A National Championship Team from Scratch



A CHAMPIONS BLUEPRINT TO SUCCESS



SURROUND YOURSELF WITH







You're either all in
Or in the way

You're
either
ALL IN
Or
In the
way

THOSE ON THE SAME MISSION AS YOU



S.T.A.Y. in the Conversation

-  Start with the facts
-  Tell your story
-  Ask for the other person's story
-  You control the climate

HALFTIME HUSTLE



**THE DREAM IS
FREE**

**THE HUSTLE IS
SOLD SEPARATELY.**

Hard Hat Mentality



DREAMS DON'T WORK UNLESS YOU WORK

High 5's and Floor Burns

CHAMPIONSHIP DNA

- GREAT LEADERSHIP
- TALENT
- WINNING CULTURE
- STANDARDS WE LIVE BY
- FAMILY ATMOSPHERE

A CHAMPIONS BLUEPRINT TO SUCCESS



CHAMPIONSHIP MINDSET

- “Whether you think you can or can’t,
YOU’RE RIGHT”
- Next play Mentality!
- 10/90
- Let GO- ADD’s Let’s GO
- Brave, Bold & Barefoot Steps



3RD QUARTER

3rd Quarter



Turning Setbacks into Slam Dunks



Transform challenges and setbacks into catalysts for developing a champion's mindset and vision



Teach, Train and Transform your team



SLAMDUNK LEADERSHIP:

Transferring Basketball Skills to Achieve Success



MOTIVATION:

- Coaches act as mentors, providing guidance and support to athletes.
- Translates to boosting morale, fostering professional growth, and enhancing productivity in a corporate environment.



COMMUNICATION:

- Coaches communicate effectively with athletes, staff, and stakeholders.
- Clear and concise communication is crucial in conveying ideas, collaborating with colleagues, and giving influential presentations.



TEAM BUILDING:

- Building a cohesive and high-performing team is essential in coaching.
- Applicable to corporate roles involving team management, collaboration, and creating a positive work culture.



GOAL SETTING:

- Coaches and athletes regularly set goals, devise strategies, and plan training sessions for performance improvement.
- Applicable to corporate settings where goal setting, strategic planning, and project management are significant factors.

Self Scout



Needs
Improvement



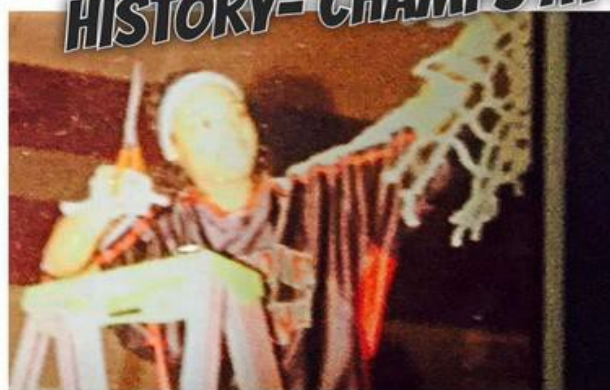
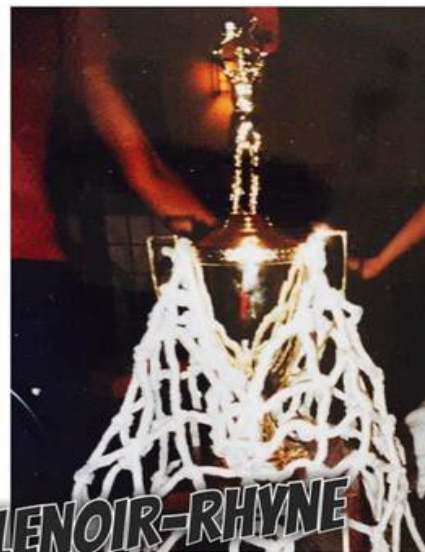
Good



Great



Excellent



HISTORY- CHAMPS AT LENOIR-RHYNE

Both Lenoir-Rhyne basketball teams NCAA-bound

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THE #1 JOB OF A TEAM
LEADER:

TURN TALENT INTO
PERFORMANCE.



INSIDE
THE
HUDDLE
X & O
STORY

P
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H
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Y



2011 1st post
season WBI In
School History!

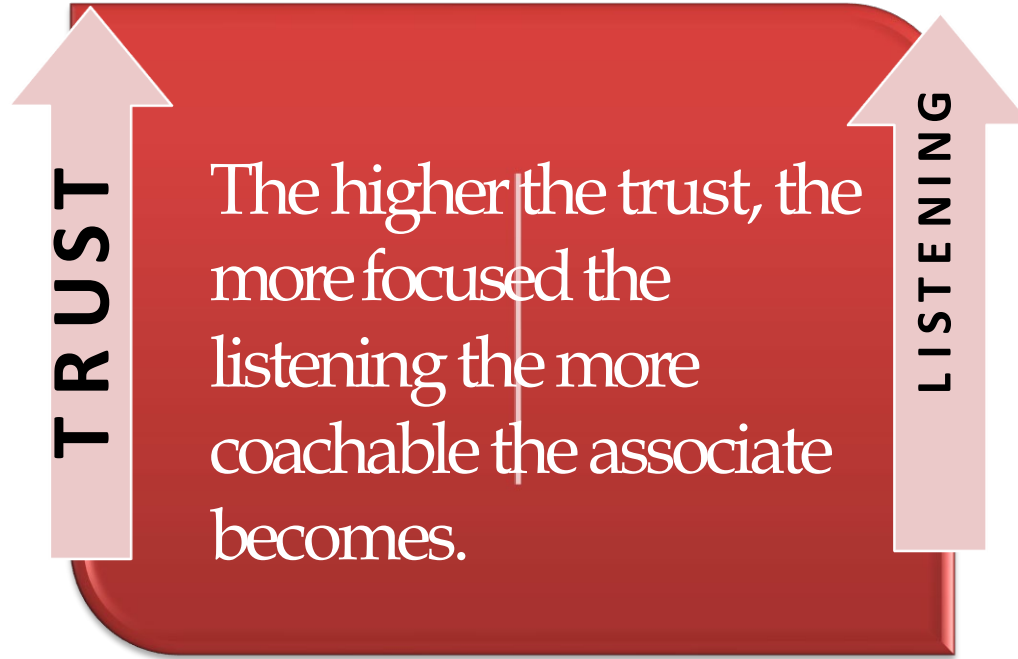


What is Trust?

- Confidence that people's actions are consistent with their words
 - The people with whom you work are concerned about your well being and not achieving their own agenda at your expense
 - The skills you have developed are respected and valued by your peers .
-
- Who you are and what you believe truly matter



The New Workplace Coaching Environment



Barefoot Blue Collar

FROM WALK-ON TO
SCHOLARSHIP ATHLETE
#TEAL COLLAR

HIGH FIVES & FLOOR BURNS-

ONE OF THE BEST SEASONS IN SCHOOL UNCW HISTORY

All conference - All State - Captain 4 years - MVP



Lacey Suggs

A CHAMPIONS BLUEPRINT TO SUCCESS



Building Teamwork and Trust



Trust is a
two-way street.

Trust is not automatic,
but built over time.

Actions that Lead to Trust

- Fulfilling Promises
- Care and Concern
- Give trust to receive trust

*You must first be trustworthy
to gain trust.*

Trust begets trust.

4TH QUARTER

4th Quarter



Settle in Your Success



Shift in Shine



“The Legacy Lap: Sealing Your Victory for Generations to come”





1st Ever Education Day-Make A Difference 3 Sell outs in a row-ODU History



Barefootin'



A CHAMPIONS BLUEPRINT TO SUCCESS



Jennie Simms, the nation's second leading scorer, to being named the 2016-17 Conference USA Player of the Year and an Honorable Mention AP All-American (the first ODU All-American since 2005), marking the first time since 2002 that an ODU women's basketball player was named the conference player of the year.

Jennie Simms set the ODU single-season scoring record (29.0) and climbed the all-time scoring list to No. 5. Simms became the third player in school history to score 2,000 points in her first three seasons at ODU (Joins Davidson and Nissen) and also set program records for career 30+ and 40+ scoring games. She has set the women's scoring record at the Ted scoring 43 points in a single game.

Simms, the defending Conference USA Player of the Year, becomes the first Old Dominion senior to be drafted since 2002 and the 12th Lady Monarch to be a WNBA Draft selection in program history. Simms was Drafted second round by Washington Mystics.

She is ODU's Female Athlete of the Year and VaSID Player of the Year.



ROUND 2 WNBA DRAFT 2017			DRAFTED!		
13	SHAYLA COOPER	OHIO STATE	19	REYNOLDS	
14	LINDSAY ALLEN	NOTRE DAME	20		
15	ALEXIS PETERSON	SYRACUSE	21		
16	LETICIA ROMERO	FLORIDA STATE	22		
17	ERICA MCCALL	STANFORD	23		
18	JENNIE SIMMS	OLD DOMINION			

JENNIE SIMMS | G | ACCOKEEK, MD



ROUND 2 PICK 6 OVERALL 18



BOSS LADY,
DREAMS DO
COME TRUE!!!



103 WINS
1000 PROGRAM WINS

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THE LAST POSSESSION?



DID I CRUSH IT? WHATEVER IT
TAKES.

A CHAMPIONS BLUEPRINT TO SUCCESS







TOP 10 MOMENTS

KNOWN AS "THE LADY OF FIRSTS"

A CHAMPION'S BLUEPRINT TO SUCCESS

"People
Don't Care
how much
you know,
until they
know how
much you
Care!"

WIN IN OVERTIME

“Our work, Our
relationships , our lives
succeed or fail one
conversation at a time”
Susan Scott



RELATIONSHIPS BEFORE RESULTS



NOTEWORTHY INSIGHT:

- The Tenth Chapter of Brave Bold Barefoot is dedicated to Rick Logan and IRR
- Step on an airplane & Take OFF



“We make a living by what we get. We make a life by what we give.” -Winston Churchill



Be the author of your life story



“The Lady of FIRSTS”

The Power of One Word #LOVE #

You OWN
You! Own your
Dreams #BBB



- 24/7 end on empty
- Barefoot Energy High 5's and Floor Burns 24/7-365



**YOUR SMILE IS
YOUR LOGO.**

**YOUR PERSONALITY IS
YOUR BUSINESS CARD.**

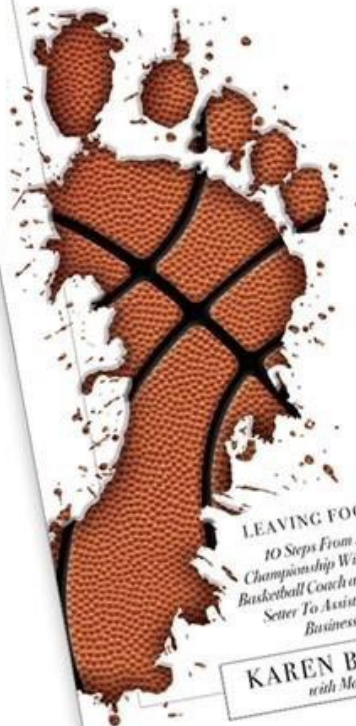
**HOW YOU LEAVE OTHERS FEELING
AFTER AN INTERACTION BECOMES
YOUR TRADEMARK.**

A CHAMPIONS BLUEPRINT TO SUCCESS

amazon

**BEST
SELLER**

BRAVE, BOLD &



BAREFOOT

LEAVING FOOTPRINTS
*10 Steps From A National
Championship Winning Women's
Basketball Coach and NCAA Record
Setter To Assist You In Sports,
Business and Life*

KAREN BAREFOOT
with Marty O'Brien



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