



“THE 3 H’s”



ETA356, Inc.
Excellence Thru Athletics

TEAM BUILDING EXERCISES

Breakout Session:

Share something with a Teammate that you would like to share with everyone that could help them know and understand you more

I. HERO? (Safe)

II. HIGHLIGHT? (Significant)

III. HARDSHIP? (Secure)

Hero, highlight, hardship: With this exercise have each person

1. Name one of their heroes and why they admire that person.

2. Then, have them share a positive highlight or a defining moment in their life 3. And a hardship from their past.

Their answers will give you a lot of insight into your team members' motivations and perspectives. Note: For this to work, it must be understood that what is said in the room stays in the room.

- ➡ **Open with Scene from Gladiator – “What’s behind the mask”**
- ➡ **Look behind the mask – Groups of 4. This is time to “Be Real” – once you do this you are on the 3rd level (body, mind, heart) – speaking it is just a start!**
- ➡ **Going deeper and sharing with your teammates will be greater than any victory**
- ➡ **How many other teams are going this deep (less than 5%)**
- ➡ **RELEASE THE DHEA!**

REMEMBER YOUR ATHLETES WANT TO FEEL SAFE, SECURE & SIGNIFICANT

“MAKE IT A GREAT DAY +1”