"BEING 3D - A COMPETITIVE EDGE"

A TEAM PRESEASON RETREAT

➢ The retreat can be done at any time, but we recommend a morning session or afternoon session and include a meal of some type.

➢ You should set aside at least three hours for it to be effective.

➢ **RETREAT COMPONENTS:**

1. INTRO EXERCISE
2. WHAT A 3D PROGRAM IS
3. WHAT IS YOUR "WHY?"
4. TWO TEAMBUILDING EXERCISES (CHOOSE FROM A MENU)
5. THE "POWER OF PUT UPS"
6. DEVELOP YOUR TEAM THEME OR MANTRA
7. WRAP UP EXERCISE

TO SCHEDULE AND PLAN YOUR TEAM'S RETREAT CONTACT JOE THOMSON, ETA356

"MAKE IT A GREAT DAY +1"